



Mental Health Month 2023 "Look Around, Look Within"

WHEREAS, the area that someone lives in plays a significant role in their overall health and well-being; and

WHEREAS, surroundings can impact if, how, and when a person's needs are met, which in turn affects mental health; and

WHEREAS, having safe, stable, and healthy home conditions set the foundation for achieving and maintaining good mental health; and


WHEREAS, with early and effective interventions, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, health care provider, organization, and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

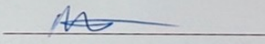
THEREFORE, I, Mayor Alan Keck and County Judge Executive, Marshall Todd, do hereby proclaim May 2023 as Mental Health Month in Somerset, Pulaski County. As the Mayor and County Judge Executive, we also call upon the citizens, government agencies, public and private institutions, businesses, and schools in Somerset, Pulaski County to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.



**MAY IS
MENTAL
HEALTH
MONTH**
MAY 1 - MAY 31, 2023



Mayor of Somerset



County Judge Executive of Pulaski County





PULASKI COUNTY JUDGE EXECUTIVE

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FOR IMMEDIATE RELEASE

City and County Officials Recognize May as Mental Health Awareness Month

SOMERSET, Ky. (May 12, 2023) – *Pulaski County Judge Executive Marshall Todd and Somerset Mayor Alan Keck recognize May as Mental Health Awareness Month.*

Every year, communities across America recognize May as Mental Health Awareness Month. Pulaski County Government and the City of Somerset signed a proclamation designed to bring attention to the mental health struggles many in our community face every day.

“Prioritizing mental health is incredibly important to our overall well-being,” said Somerset Mayor Alan Keck. “In Somerset, we have advocated for a holistic approach to community wellness that focuses on the mind, body, and spirit, as they most certainly influence one another. This starts by returning a sense of community and belonging to residents through quality-of-life initiatives and continues through our efforts to make the community more walkable, enhance recreational opportunities, encourage exercise and physical activity, and provide healthy, locally sourced food options. It is essential that we recognize Mental Health Awareness Month and put the spotlight on ways residents can make it a priority.”

The area where someone lives plays a significant role in their overall health and wellbeing. Surroundings can impact if, when, and how a person’s needs are met, which in turn affects overall mental health. With early and effective interventions, those individuals with mental health conditions can still lead full, productive lives.

“Everything in our lives can be connected back to mental health,” said Pulaski County Judge Executive Marshall Todd. “Many of the issues we face here in Pulaski County stem from the mental health struggles of our citizens. Whether it be homelessness or those suffering from substance abuse disorders, mental health issues are the unfortunate foundation for many of the societal problems Pulaski County is facing on a day-to-day basis. When left unchecked and untreated, many of our citizens become lost to depression, anxiety, and other mental illnesses. We have to do a better job of recognizing those among us who are struggling and do everything we can to acknowledge that any of us, when faced with certain conditions, can be in the exact same boat. Our responsibility to our friends and neighbors is to make sure they know there is a boat available to them and that they do not have to drown in their own struggles. There is hope.”

Each business, school, government agency, health care provider, organization, and citizen shares the burden of mental health issues and has a responsibility to promote mental wellness and support prevention efforts.

“Mental health is health,” said Tina Hamm, Behavioral Health Clinician Phoenix Preferred Care. “We must continue our efforts to educate people on the fact that mental health can’t and shouldn’t be treated separately from physical health because the two are vitally interwoven. Together we must continue to bridge the gap and to remove barriers, including stigma that impacts the access to quality mental health care. Our efforts will pay dividends for our community through better overall health outcomes for our citizens.”