

Mental Health Month 2026
"Move for Mental Health"

WHEREAS, mental health is a vital part of overall well-being, affecting individuals, families, and communities throughout Franklin County;

WHEREAS, one in five American adults experiences a mental health condition each year and everyone encounters life challenges that can impact their mental well-being;

WHEREAS, physical activity supports mental health by reducing anxiety, depression, and stress while boosting cognitive function and self-esteem;

WHEREAS, transforming physical activity into intentional, everyday actions can improve lives – starting with ourselves. Every person has the power to take steps, both small and meaningful toward strengthening their mental health and well-being;

WHEREAS, making movement a priority during May and beyond helps build resilience, supports emotional balance, and fosters positive habits that improve overall quality of life;

WHEREAS, when individuals prioritize their mental health, the entire community benefits through stronger social connections, increased engagement, and a healthier, more supportive environment for all;

NOW, THEREFORE, We, your County Commissioners, **do hereby proclaim May 2026 as Mental Health Month in Franklin County.**