  
**State of Iowa**  
**Executive Department**

IN THE NAME AND BY THE AUTHORITY OF THE STATE OF IOWA

**PROCLAMATION**

**WHEREAS**, one in four Iowans will experience a mental health challenge this year; and

**WHEREAS**, mental health challenges are one of the most common health conditions in Iowa, affecting one out of four Iowans this year, impacting both the person experiencing mental health challenges and those persons who care and love the person facing the challenge; and

**WHEREAS**, every day, millions of people nationwide face stigma related to mental health and may feel isolated and alone, going years before receiving any help; and

**WHEREAS**, recovery and wellbeing can and do happen, and all Iowans should know that support and help is available regardless of any individual's situation; and

**WHEREAS**, creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma around mental health; and

**WHEREAS**, access to support and ending the stigma is of paramount importance; and

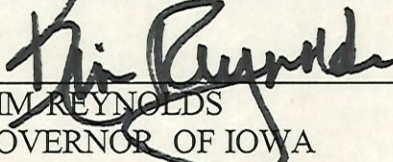
**WHEREAS**, the State of Iowa wishes to enhance public awareness of mental health.

**NOW, THEREFORE**, I, Kim Reynolds, Governor of the State of Iowa, do hereby proclaim May 2023 as:


**Mental Health Awareness Month**



IN TESTIMONY WHEREOF, I HAVE  
HEREUNTO SUBSCRIBED MY NAME AND  
CAUSED THE GREAT SEAL OF THE STATE OF  
IOWA TO BE AFFIXED. DONE AT DES MOINES  
THIS 2nd DAY OF MAY IN THE YEAR OF OUR  
LORD TWO THOUSAND TWENTY-THREE.

  
KIM REYNOLDS  
GOVERNOR OF IOWA

ATTEST:

  
PAUL PATE  
SECRETARY OF STATE