

**PROCLAMATION**

**WHEREAS**, mental health is an essential part of overall health and well-being, shaping how we think, feel, connect with others, and move through the world; and

**WHEREAS**, mental health conditions are medical conditions that can affect anyone, with more than one in four adults experiencing a serious mental health condition or a co-occurring substance use issue; and

**WHEREAS**, the City of Alexandria is committed to ensuring that residents do not navigate these challenges alone, providing 24/7 support through the 988 Suicide & Crisis Lifeline and the Department of Community and Human Services (DCHS) Emergency Services; and

**WHEREAS**, the City provides accessible, trauma-informed care through Same-Day Access (SDA) assessments at the Del Pepper Community Resource Center, offering residents immediate connections to behavioral health services regardless of their ability to pay; and

**WHEREAS**, regional partners such as NAMI Northern Virginia provide vital peer and family support groups, education, and advocacy to help end the stigma surrounding mental illness and create a more supportive community; and

**WHEREAS**, recovery is possible, and we can connect individuals to the right support at the right time to enhance the resilience of all Alexandrians.

**NOW, THEREFORE, I, ALYIA GASKINS**, Mayor of the City of Alexandria, Virginia, and on behalf of the Alexandria City Council, do hereby proclaim May 2026 as:

**“Mental Health Awareness Month”**

In the City of Alexandria and urges all residents to support one another, utilize available local resources, and work together to eliminate the stigma associated with mental health care.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of Alexandria to be affixed this 16th day of May 2026.

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**MAYOR ALYIA GASKINS**  
On behalf of the City Council  
of Alexandria, Virginia

ATTEST:

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Gloria A. Sitton, CMC City Clerk