



"The Peak of Good Living"

TOWN OF APEX
NORTH CAROLINA

Proclamation

Mental Health Awareness Month 2026

from the Office of the Mayor

WHEREAS, Mental Health is essential to overall well-being, resilience, and quality of life of every individual, family, and community; and,

WHEREAS, Millions of Americans experience mental health challenges each year regardless of age, background, or circumstance, and it is important to recognize that recovery, hope, and support are possible through awareness, education, compassion, and access to care; and,

WHEREAS, On April 14, 2026, the Apex Town Council unanimously adopted a resolution forming the Peak Resilience and Wellbeing Task Force to support residents through education, prevention, and early intervention initiatives and related resources; and,

WHEREAS, Mental health professionals, advocates, caregivers, first responders, educators, and community organizations play a vital role in supporting those experiencing mental health conditions and fostering a culture of understanding and inclusion; and,

WHEREAS, The Town of Apex is committed to supporting the health, safety, and well-being of all residents and encouraging open conversations surrounding mental health awareness and emotional wellness.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim the month of May 2026 as, "Mental Health Awareness Month", in the Town of Apex, and encourage all residents to support efforts that promote mental wellness, reduce stigma, and foster a caring and connected community for all.

I hereby set my hand and have caused the Seal of the Town of Apex, North Carolina, to be affixed this the 12th day of May, 2026

Jacques K. Gilbert, Mayor