



# Fulton County Commissioners Office

116 West Market Street, Suite 203, McConnellsburg, PA 17233

Telephone: (717) 485-3691 Fax: (717) 485-9411 Email: sshives@co.fulton.pa.us

**Randy H. Bunch, Commissioner Chair**  
**Steven L. Wible, Commissioner Vice-Chair**  
**Hervey P. Hann, Commissioner**

**Stacey M. Shives, Chief Clerk**  
**Jim Stein, County Solicitor**

## *Mental Health Month 2025* *"Turn Awareness into Action"*

**WHEREAS**, mental health is an essential part of overall well-being, impacting individuals, families, and communities across Fulton County;

**WHEREAS**, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health;

**WHEREAS**, awareness is a powerful starting point for mental health awareness but isn't enough to create meaningful change.

**WHEREAS**, we can turn this awareness into actions that improve lives – not just on a community level, but starting with ourselves. You have the power to take charge of your mental health and well-being, and it begins with small, intentional steps.


**WHEREAS**, Let's dive into how you can take A.C.T.I.O.N. to make improving your mental health a priority in May and beyond.


As the Commissioners, we encourage all residents of Fulton County to:

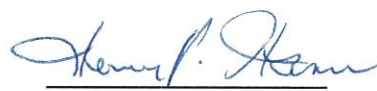
- A - Assess your mental health needs and the resources available to you
- C - Choose a course of action
- T - Take steps toward care
- I - Identify additional supports
- O - Observe what's working... or not
- N - Nurture yourself

**NOW, THEREFORE, We, your County Commissioners, do hereby proclaim May 2025 as Mental Health Month in Fulton County.**

FULTON COUNTY COMMISSIONERS:

  
Randy H. Bunch  
Chairman

  
Steven L. Wible  
Vice-Chairman

  
Hervey P. Hann