



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, the people of New Mexico have long recognized that behavioral health is foundational to the well-being of individuals, families, and communities, and that true wellness embraces the whole person mind, body, and spirit through the Eight Dimensions of Wellness: emotional, physical, intellectual, social, spiritual, environmental, occupational, and financial; and

WHEREAS, these Eight Dimensions offer a comprehensive framework for building resilient and thriving communities, encouraging every New Mexican to cultivate emotional strength, maintain physical health, pursue lifelong learning, foster meaningful relationships, deepen spiritual practices, protect our environment, find purpose in work and service, and achieve financial stability; and

WHEREAS, for more than two decades, New Mexico has led the nation in advancing culturally rooted, community-driven, and self-determined approaches to behavioral health gaining CMS approval to reimburse traditional healing practices, supporting holistic care through the Native American Services Project, and expanding access to both clinical and community-based prevention and recovery supports; and

WHEREAS, these efforts have strengthened New Mexico's capacity to ensure equitable access to care, improve recovery outcomes, and promote overall wellness through collaborative partnerships among state agencies, local governments, community organizations, and individuals with lived experience; and

WHEREAS, New Mexicans can access free, confidential, and compassionate support through the 988 Behavioral Health Crisis Line and related crisis stabilization services, affirming that no one should face a behavioral health challenge alone; and

WHEREAS, New Mexico's 16 Local Collaboratives continue to elevate community voices in shaping behavioral health priorities, advancing equity, and fostering wellness through culturally responsive and locally led initiatives; and

WHEREAS, throughout September, more than thirty Recovery Month events were held across New Mexico, bringing people together in a spirit of hope, resilience, and healing, uplifting individuals and families affected by substance use and mental health challenges, and celebrating the strength of those living in recovery; and

WHEREAS, Behavioral Health Day 2026 honors the shared commitment of New Mexicans to integrate wellness across all areas of life, to honor traditional healing practices alongside modern care, and to ensure that every person has access to the resources and relationships that support their full well-being.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim February 3rd, 2026, as:

"Behavioral Health Day"

throughout the state of New Mexico.

Attest:

The signature of Maggie Toulouse Oliver, Secretary of State.

Maggie Toulouse Oliver
Secretary of State

Done at the Executive Office this
16th day of December 2025.

Witness my hand and the Great Seal
of the State of New Mexico.

The Great Seal of the State of New Mexico, featuring a central shield with a sun, a mountain, and a river, surrounded by a circular border with the state's name and the year 1912.

Michelle Lujan Grisham
Governor