

# *Proclamation declaring May Mental Health Awareness Month*

- Whereas* mental health is essential to everyone’s overall well-being; and
- Whereas* mental health issues are real and prevalent in our nation and community; and
- Whereas* mental wellness helps to sustain an individual’s thought processes, relationships, productivity, and ability to adapt to change or face adversity; and
- Whereas* long delays – sometimes decades – often occur between the time symptoms first appear and when individuals obtain help; and
- Whereas* early identification and treatment can make a profound difference in successful management of mental health conditions and recovery; and
- Whereas* mental wellness is a growing concern after more than a year-long pandemic that has traumatized the world and collectively tested all of ability to cope mentally with our situation; and
- Whereas* despite our knowledge of the need for mental wellness, the issue of mental health remains an often remains a forbidden topic of discussion; and
- Whereas* each business, organization, school, government agency, healthcare provider, and citizen can make a difference by promoting mental health awareness and helping end the silence and stigma that for too long has surrounded mental health and has discouraged individuals from seeking help.

*Now therefore, be it resolved* that the Hidalgo County Commissioners Court hereby proclaims May 2021 as Mental Health Awareness Month and calls upon the citizens, government agencies, public and private institutions, businesses and schools within Hidalgo County to recommit our community to increasing awareness and understanding of mental health, the steps that our citizens can take to protect their mental health, and the need for appropriate, accessible services and support for all people with mental health conditions and their family members.

**Approved this 4<sup>th</sup> day of May 2021.**

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**RICHARD F. CORTEZ**  
County Judge

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**DAVID L. FUENTES**  
County Commissioner, Pct. 1

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**EDUARDO “EDDIE” CANTU**  
County Commissioner, Pct. 2

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**EVERARDO “EVER” VILLARREAL**  
County Commissioner, Pct. 3

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**ELLIE TORRES**  
County Commissioner, Pct. 4

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**Attest: ARTURO GUAJARDO, JR.**  
County Clerk