

Proclamation recognizing Mental Health Awareness

Whereas the area where a person lives plays a significant role in their overall health and well-being; and

Whereas our surroundings can impact when a person's needs are met, how they are met, indeed, even if they are met – which in turn affects our mental health; and

Whereas having safe, stable and healthy home conditions sets the foundation for achieving and maintaining mental wellness; and

Whereas Mental Health America, which founded Mental Health Awareness Month in 1949, now recognizes that our environment – where we are born, live, learn, work and play – plays an important role in not only our physical health, but our mental health; and

Whereas because of these social determinants of health, this year's theme for Mental Health Awareness Month is "Look Around, Look Within;" and

Whereas the 2023 State of Mental Health in America report ranks Texas last in the country in terms of access to mental health care; and

Whereas this same report estimates that more than one in five Americans experienced some type of mental illness in the years 2019 and 2020 and one in ten youth in the United States are experiencing depression.

Now, therefore, be it proclaimed that the Hidalgo County Commissioners Court recognizes May as Mental Health Awareness Month and notes that May 11 is National Children's Mental Health Awareness Day and encourages the residents of Hidalgo County to recommit to increasing awareness and understanding of mental health in our community.

Approved this 2nd day of May 2023.

RICHARD F. CORTEZ
County Judge

DAVID L. FUENTES
County Commissioner, Pct. 1

EDUARDO "EDDIE" CANTU
County Commissioner, Pct. 2

EVERARDO "EVER" VILLARREAL
County Commissioner, Pct. 3

ELLIE TORRES
County Commissioner, Pct. 4

Attest: _____
ARTURO GUAJARDO, JR.
County Clerk