

*Proclamation Recognizing January 2025 as  
Mental Wellness Month*

*Whereas* Mental Wellness Month, observed every January, is an event dedicated to promoting awareness and understanding of mental health, its impact, and the importance of mental well-being; and

*Whereas* January's Mental Wellness Month highlights the value of integrating emotional and physical health and understanding the link between the mind's health and the body's state; and

*Whereas* Mental Wellness Month provides an opportunity to consciously reflect, reassess, and recalibrate mental health strategies; and

*Whereas* Society is experiencing a mental health crisis. The World Health Organization reports that roughly one in four people globally will be affected by mental illness in 2024. In the United States alone, approximately 46.6 million adults experience mental illness in any given year. Additionally, The National Alliance on Mental Illness reports that one in six youth between the ages of six and 17 experience a mental health disorder each year; and

*Whereas* there is a strong body of research that supports specific tools that all Americans can use to better handle challenges, and protect their health and well-being; and

*Whereas* engaging in self-care practices may effectively build momentum in the New Year in developing sustainable and healthy habits. In a fast-paced world, taking time to care for one's body and mind can be essential; and

*Whereas* regular physical activity can have immediate long-term benefits on mental health. With exercise, the body releases endorphins that improve mood and brings balance to the body. Exercise can also enhance sleep quality, reduce stress, and boost overall mood; and

*Whereas* each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

*Now, therefore, be it proclaimed* that the Hidalgo County Commissioners Court recognizes January 2025 as Mental Wellness Month and encourages citizens, and public and private institutions to recommit our community to increasing mental health awareness, and the need for accessible services for all people with mental health conditions.

**Approved this 7<sup>th</sup> day of January 2025.**

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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

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