

*Proclamation Recognizing January 2026 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 to understand 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 over one billion people worldwide are living with mental health disorders. In the United States alone, approximately 46.6 million adults experience mental illness in any given year. Additionally, the National Alliance on Mental Illness (NAMI) reports that one in six youth between the ages of six and 17 experience a mental 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 mental health and well-being; and

Whereas Engaging in self-care practices may effectively build momentum in the New Year to develop 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 health conditions.

Now, therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby recognizes January 2026 as Mental Wellness Month and encourages citizens, and public and private institutions to recommit our community efforts to increasing mental health awareness, and the need for accessible services for all people with mental health conditions.

Approved this 6th day of January 2026.

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