

*Proclamation Recognizing Mental Health Awareness Month,  
Maternal Mental Health Awareness Week & National  
Children's Mental Health Awareness Day*

*Whereas* Half the population will experience some type of mental health challenge over the course of a lifetime. Mental health challenges are conditions affecting the brain that influence the way a person thinks, feels, and behaves; and

*Whereas* To emphasize the extent of the problem, May is recognized as Mental Health Awareness Month. Maternal Mental Health Awareness Week is also observed May 4-10, as well as National Children's Mental Health Awareness Day on May 7; and

*Whereas* Experiencing a mental health challenge can happen to anyone, including children. Examples of causes and risk factors include inherited traits, environmental exposures before birth, brain chemistry, traumatic experiences, and stressful life situations; and

*Whereas* Maternal mental health disorders, including postpartum depression, anxiety, and psychosis, affect approximately 1 in 5 women during pregnancy or in the first year postpartum, according to the World Health Organization; and

*Whereas* Mental health challenges, including depression, are not limited to any age group or gender and, in fact, 60 percent of adults and 50 percent of youth do not receive the mental health treatment necessary due to limited knowledge of the need, barriers to care, or fear and shame; and

*Whereas* To combat such stigmas and encourage treatment, each May is dedicated to increasing knowledge of mental health challenges through Mental Health Awareness Month with this year's theme being *"In Every Story, There's Strength,"* which highlights the resilience and diverse experiences that shape mental health journeys within our community; and

*Whereas* In order to address mental health challenges, it is crucial to create a supportive environment where seeking help is encouraged. This requires empathy and swift action in times of crisis. Any one facing a crisis is encouraged to dial 988 to reach the National Suicide and Crisis Hotline to get the necessary support from trained professionals.

*Now, therefore, be it proclaimed* that the Hidalgo County Commissioners Court recognizes May as Mental Health Awareness Month, May 4-10 as Maternal Mental Health Awareness Week, and May 7 as National Children's Mental Health Awareness Day. The community is encouraged to learn about mental wellness and turn that awareness into action when confronting signs of mental health struggles among adults and children.

**Approved this 28<sup>th</sup> day of April 2026.**

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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