

*Proclamation Recognizing
Mental Illness Awareness Week,
National Depression Screening Day and
World Mental Health Day*

Whereas Mental health is an essential component of our overall health. It is crucial to maintain good mental health and understand the signs of mental illness to know when it is necessary to seek help; and

Whereas Millions of Americans confront the challenges of living with mental illness every year. Mental illness can affect individuals directly or indirectly, impacting not only those who experience them firsthand, but also their families, friends, and colleagues; and

Whereas To shed light on mental illnesses, Mental Illness Awareness Week, an annual public education campaign led by the National Alliance on Mental Illness (NAMI), is observed the first week of October. This year, Mental Illness Awareness Week is Sunday, October 4 through Saturday, October 10. This awareness week also coincides with National Depression Screening Day on Thursday, October 8 and World Mental Health Day on Saturday, October 10; and

Whereas National Depression Screening Day aims to raise awareness and educate people about mental illness as well as the need for accessible and affordable mental health screenings. Early detection and treatment can play a pivotal role in effectively managing mental illness and recovery. Each one of us can make a difference in destigmatizing the topic of mental health which can then help motivate individuals to seek help; and

Whereas World Mental Health Day unites us all in an international effort to raise awareness on mental illness through online resources and community activities. Mental health challenges, including depression, are not limited to any age group or gender and World Mental Health Day serves as a reminder on the importance of prioritizing mental health; and

Whereas The Hidalgo County Mental Health Coalition would like to highlight the Mental Health Wellness Initiative and the updated Resource Guide for Mental Wellness. These initiatives provide information regarding counseling, substance abuse, and hotline/crisis resources that are available to all Hidalgo County residents. More information can be found by visiting www.hidalgocounty.us/hcmhc.

Now, therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby declares Sunday, October 4, 2026 through Saturday, October 10, 2026 as Mental Health Awareness Week; Thursday, October 8, 2026 as National Depression Screening Day; and Saturday, October 10, 2026 as World Mental Health Day. Hidalgo County wants to educate the public and eliminate stigma on the topic of mental illness, as well as provide support to those living with mental illness, so they know they are not alone.

Approved this 29th day of September 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