

PROCLAMATION FOR MENTAL HEALTH AWARENESS MONTH

WHEREAS, mental health is essential to everyone’s overall well-being; and

WHEREAS, mental health conditions are real and prevalent in our nation; and

WHEREAS, mental health helps to sustain an individual’s thought processes, relationships, productivity, and ability to adapt to change or face adversity; and

WHEREAS, long delays – sometimes decades – often occur between the time symptoms first appear and when individuals obtain help; and

WHEREAS, early identification and treatment can make a profound difference in successful management of mental health conditions and recovery; and

WHEREAS, each business, organization, school, government agency, healthcare provider, and citizen can make a difference by promoting mental health awareness and helping end the silence and stigma that for too long has surrounded mental health and has discouraged individuals from seeking help.

NOW, THEREFORE, BE IT RESOLVED that the Hidalgo County Commissioners Court hereby proclaims May 2019 as Mental Health Awareness Month and calls upon the citizens, government agencies, public and private institutions, businesses and schools within Hidalgo County to recommit our community to increasing awareness and understanding of mental health, the steps that our citizens can take to protect their mental health, and the need for appropriate, accessible services and support for all people with mental health conditions and their family members.

Approved this 7th day of May, 2019.

Richard F. Cortez

RICHARD F. CORTEZ

County Judge

David L. Fuentes

DAVID L. FUENTES

County Commissioner, Pct. 1

Eduardo "Eddie" Cantu

EDUARDO "EDDIE" CANTU

County Commissioner, Pct. 2

Joe M. Flores

JOE M. FLORES

County Commissioner, Pct.3

ELLIE TORRES

County Commissioner, Pct. 4

Arturo Guajardo, Jr.

Attest: **ARTURO GUAJARDO, JR.**

County Clerk