

Hidalgo County

Proclamation Recognizing Men's Mental Health Awareness Month

Whereas understanding the unique challenges men face in accessing mental health support is crucial as mental health is a fundamental aspect of overall well-being; and

Whereas in Hidalgo County, Texas, and across the state, men often encounter barriers such as societal expectations, cultural norms, and stigmas surrounding mental illnesses, which may prevent them from seeking help; and

Whereas according to the latest data from 2022, men in Texas, including Hidalgo County, are less likely than women to seek mental health treatment, with only about 1 in 3 men seeking help for mental or emotional problems. Additionally, about 40% of men don't seek help when dealing with depression; and

Whereas experts believe that discussing these issues more openly can encourage men to recognize and address their feelings. Untreated mental health concerns among men can lead to severe repercussions for individuals, families, and communities, highlighting the urgent need for increased awareness, support and resources; and

Whereas supporting men's mental health involves challenging the notion that men should suppress their emotions and educating men about issues like depression and anxiety. Encouraging emotional expression and seeking help, providing safe environments, therapy, support groups, promoting healthy coping mechanisms, challenging masculinity stereotypes, and improving mental health care accessibility are crucial steps towards fostering a supportive environment for men's well-being.

Now, therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby recognizes June 2024 as Men's Mental Health Awareness Month and reaffirms its commitment to fostering a community where all individuals feel supported and empowered to prioritize their mental well-being.

Approved this 20th day of June 2024.



[Signature]
RICHARD F. CORTEZ

County Judge

[Signature]

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: *[Signature]*
ARTURO GUAJARDO, JR.
County Clerk