

**State of Texas
County of Williamson
Know all men by these presents:**

That on the 13th day of May, 2014 the Commissioners Court of Williamson County, Texas met in duly called session at the Williamson County Courthouse, 710 Main Street, Georgetown, Texas, with the following members present:

Dan A. Gattis, County Judge
Lisa L. Birkman, Commissioner Precinct One
Cynthia P. Long, Commissioner Precinct Two
Valerie Covey, Commissioner Precinct Three
Ron Morrison, Commissioner Precinct Four

And at said meeting, among other business, the Court considered the following:

RESOLUTION

WHEREAS, the month of May is observed as Mental Health Awareness month and this year's theme is "*Mind Your Health*"; and

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

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

WHEREAS, mental health conditions are real and prevalent in our nation, but with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health; and

WHEREAS, according to Mental Health America individuals can help build and maintain well-being and wellness by following four steps: eating a healthy balanced diet, participating in regular exercise, enjoying relaxation with friends and loved ones, and getting plenty of rest; and

WHEREAS, Williamson County has approximately 3,200 acres of parkland and 264 miles of trails for outdoor enjoyment and exercise, helping it to be listed as one of the Healthiest Counties in Texas for the 5th year in a row; and

WHEREAS, using strategies to prevent mental health and substance use conditions can lead to improved general health, greater academic success for students, a more productive economy, and families that stay together; and

WHEREAS, businesses, schools, governments, churches and health care providers can work with citizens to promote mental wellness and support prevention efforts in our communities.

NOW THEREFORE BE IT RESOLVED; that the Williamson County Commissioners Court encourages citizens to "*Mind Your Health*" and hereby designates the month of May, 2014 as:

"Mental Health Awareness Month"

RESOLVED THIS 13TH DAY OF MAY, 2014.

Dan A. Gattis, County Judge