

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

That on the 8th day of May 2018 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
Terry Cook, Commissioner Precinct One
Cynthia P. Long, Commissioner Precinct Two
Valerie Covey, Commissioner Precinct Three
Larry Madsen, Commissioner Precinct Four

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

PROCLAMATION

WHEREAS, the month of May 2018 is observed as Mental Health Awareness month and this year's theme of Mental Health America is "*Fitness #4Mind4Body*"; and

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

WHEREAS, 1 in 5 Americans will have a mental illness in any given year that, if left untreated, can lead to lost productivity, broken relationships, significant dysfunction and continuing effect on children in care; and

WHEREAS, studies consistently reaffirm that adults and youth with serious mental illness who do not receive mental health care are twice as likely to spend time in jails and prisons at a much greater cost to taxpayers; and

WHEREAS, according to Mental Health America individuals can help build and maintain well-being and wellness by striving to: eat a healthy balanced diet, participate in regular exercise, enjoy relaxation with friends and loved ones, and get plenty of rest; and

WHEREAS, Williamson County has approximately 3,200 acres of parkland and more than 300 miles of trails for outdoor enjoyment and exercise, helping it to be ranked as the second healthiest place to live in the State of Texas, when comparing the 254 counties; and

WHEREAS, preventing 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 PROCLAIMED; that the Williamson County Commissioners Court observes the month of May as "Mental Health Awareness Month".

PROCLAIMED THIS 8TH DAY OF MAY 2018.

Dan A. Gattis – County Judge