

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

That on the 7th day of May 2024 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:

Bill Gravell, Jr., County Judge
Terry Cook, Commissioner Precinct One
Cynthia P. Long, Commissioner Precinct Two
Valerie Covey, Commissioner Precinct Three
Russ Boles, Commissioner Precinct Four

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

WHEREAS, the month of May is Mental Health Awareness month to bring attention to and remember the vital role mental health plays in our overall health and wellness; and

WHEREAS, a 2022 National Survey on Drug Use and Health by the Substance Abuse and Mental Health Services Administration (SAMHSA) showed that 23.1% of US adults experienced a mental health condition in 2022 and approximately 6%, or nearly 1 out of 17 adults will experience a serious mental health illness if their life, which can affect their physical health and have a ripple effect on families, schools, places of employment, and our communities; and,

WHEREAS, young adults ages 18 to 25 in the U.S. have the highest rate of experiencing mental health concerns (33.7%) and the highest rate of serious mental illness (11.4%) as compared to other age groups; and

WHEREAS, mental health concerns can impact anyone, regardless of race, age, gender, educational level or economic status and suicide is the 2nd leading cause of death among people aged 10 to 14; and

WHEREAS, mental health treatment – therapy, medication and self-care have made recovery a reality for most people experiencing mental illness; and

WHEREAS, the average delay between onset of mental illness symptoms and treatment is 11 years but with treatment individuals can continue to learn, work, perform, create, compete, laugh, love and inspire every day; and

WHEREAS, it is important to know the warning signs of mental illness, some of which include: being sad or withdrawn for more than two weeks, trying to harm oneself or making plans to do so, out-of-control/risky behavior, changes in mood or weight, use of alcohol and/or drugs, sleep patterns, fears and anxiety; and

WHEREAS, it is important and can be life-saving to recognize the symptoms of mental illness and to connect our friends and loved ones to treatment resources, as there is hope and help available, including the Bluebonnet Trails Crisis Support Line at 844-309-6385 for questions, appointments and help with navigating through local treatment options, as well as SAMHSA's "Search for Treatment" – at <https://findtreatment.gov>.

NOW THEREFORE BE IT RESOLVED, that the Commissioners Court recognizes the month of May as "*Mental Health Awareness Month*" and encourages county residents to look for warning signs of mental illness and to call or text 988 or 911, if you know someone struggling or in crisis.

RESOLVED THIS 7th DAY Of MAY 2024.

Valerie Covey

Valerie Covey, Presiding Officer