



## **PROCLAMATION**

### **Mental Health Awareness Month**

**WHEREAS**, Mental illness is a treatable health condition involving distress or functional impairment related to thinking, emotion, or behavior; and

**WHEREAS**, Mental health affects how we think, feel and act, and how we handle stress, relate to others, and make choices; and

**WHEREAS**, Half of all mental health conditions manifest by age 14 and 75 percent of lifetime cases present by young adulthood; and

**WHEREAS**, more than 3.3 million Texans are living with a mental illness; and

**WHEREAS**, Nearly 4,000 Texans lost their lives to suicide in 2019; and

**WHEREAS**, Suicide is the second leading cause of death amongst people between the ages of 10 and 34 and the 10th leading cause of death in the United States; and

**WHEREAS**, The COVID-19 pandemic has significantly contributed to declining mental health in children, teens, and adults in the state of Texas; and

**WHEREAS**, From mid-March through October 2020, the proportion of mental health-related ER visits nationally increased 24% among children age 5 to 11 and 31% among adolescents age 12 to 17; and

**WHEREAS**, during the pandemic, about four in ten adults in the United States have reported symptoms of anxiety or depressive disorder, up from one in ten adults who reported these symptoms in 2019; and

**WHEREAS**, the Texas Statewide Behavioral Health Coordinating Council has established MentalHealthTX.org as a resource to assist Texans in accessing mental health care; and

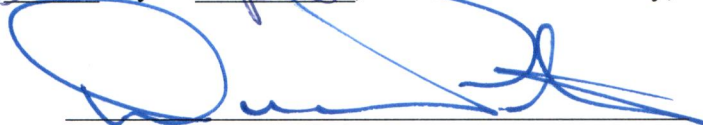
**WHEREAS**, individuals can learn to manage their mental health conditions and often fully recover if they receive access to the right care at the right time, and

**WHEREAS**, the Texas Legislature has passed significant mental health legislation and made increased mental health appropriations a priority in successive biennia; and

**WHEREAS**, a lack of mental health awareness leads to devastating impacts on the wellbeing of individuals and society; and

**Now, Therefore, Be It Proclaimed** that the Brazos County Commissioners Court hereby recognizes May 2021 as Mental Health Awareness Month and encourages all Texans to raise mental health awareness and help Texans live longer, healthier lives.

*Proclaimed* this 27 day of April, 2021 in Brazos County, Texas.



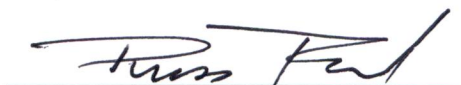
Duane Peters, County Judge



Commissioner Steve Aldrich  
Precinct 1



Commissioner Nancy Berry  
Precinct 3



Commissioner Russ Ford  
Precinct 2



Commissioner Irma Cauley  
Precinct 4