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MAY AS NATIONAL MENTAL HEALTH AWARENESS MONTH 2019

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

WHEREAS, 1 in 5 people will experience a mental illness at some point in their lives and 1 in 20 people will develop a serious mental illness; and

WHEREAS, half of all cases of mental illness start by age 14, and three-quarters by age 24

WHEREAS, only 44% of adults and less than 20% of children and adolescents with diagnosable mental health problems receive needed treatment.

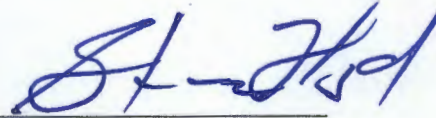
WHEREAS, Suicide is second leading cause of death for individuals between the ages of 10 and 24.

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and there is a strong research that animal companionship, humor, spirituality, religion, recreation, social connections, and work-life balance can help all Americans protect their health and well-being; and

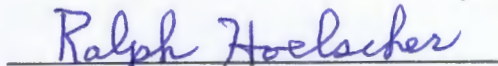
WHEREAS, with effective treatment, those individuals with mental health and other chronic health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

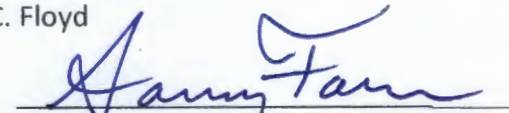
NOW, THEREFORE BE IT RESOLVED, we the Tom Green County Commissioners' Court do hereby proclaim May 2019 as MENTAL HEALTH AWARENESS MONTH and urge all residents of Tom Green County to participate in mental health awareness activities, in order to become better educated about good mental health and create a better community.




Judge Stephen C. Floyd




Commissioner Ralph Hoelscher, Pct. 1



Commissioner Sammy Farmer, Pct. 2



Commissioner Rick Bacon, Pct. 4



Commissioner Bill Ford, Pct. 4