

STATE OF TEXAS
OFFICE OF THE GOVERNOR

Throughout our nation, approximately 44 million Americans will experience a mental health diagnosis, with nearly one quarter facing a serious mental illness. 1 in 5 adolescents have had a major depressive episode, and suicide is the second leading cause of death among people aged 10-34. There have been many improvements in diagnosis and treatment, but there is still work to be done to overcome mental health conditions and the associated stigma.

Mental health diagnoses include conditions such as anxiety disorders, depression, bipolar disorder, and schizophrenia. Incomplete or incorrect diagnosis or support can lead to an increased risk of other chronic health conditions, substance abuse, adverse health outcomes, or suicide. We must therefore ensure a safe, supportive environment in which patients can seek the help they need as they live, work, and pursue their dreams.

Mental health is critical to the overall well-being of adults as well as children. It is our collective responsibility to provide support and resources to those who seek help. With proper treatment, a majority of those who experience mental health conditions can significantly reduce their symptoms and enjoy an improved quality of life.

Each year, the month of May is set aside to raise awareness about mental health conditions and available treatments and support. Together, we can support loved ones facing these challenges and ensure that mental health conditions do not have the final say in any Texan's life.

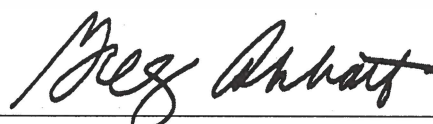
Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim May 2024 to be

Mental Health Awareness Month



in Texas and urge all Texans to observe the occasion with appropriate ceremonies and activities.

In testimony whereof, I have hereunto affixed my signature this the 4th day of April, 2024.


Governor of Texas