



STATE OF TEXAS
OFFICE OF THE GOVERNOR

Nearly 44 million Americans will undergo a mental health diagnosis each year, and about a quarter of those will experience a serious mental illness. Children and adults who experience mental health challenges are an important part of the fabric of Texas. They live, work, and learn alongside their peers, often while contending with difficult diagnoses. With access to appropriate services and support, Texans who experience these conditions will lead fulfilling and productive lives across our great state. Mental health conditions can affect anyone, which is why increased access to services is a priority.

In a given year, nearly one in five Texans will experience a mental health condition. These diagnoses include conditions like major depression, bipolar disorder, anxiety disorders, and schizophrenia. Mental health conditions can affect a person at any point in their life, but young people and military veterans are diagnosed at higher rates than the general populations. Additionally, many people who experience mental health challenges also have co-occurring disabilities.

Without proper support, people who experience mental health conditions are at an increased risk for other chronic health conditions, adverse health outcomes, and co-occurring substance abuse. Tragically, more than 90 percent of people who die by suicide experience an underlying mental health condition.

Mental health is essential to and impacts everyone's health and well-being. I encourage all Texans to take charge of their mental wellness and bravely seek help when necessary. An overwhelming majority of people who experience mental health conditions and receive appropriate treatment and support have a significant reduction of symptoms and an improved quality of life.

The stigma surrounding mental health conditions remains a significant barrier to seeking treatment. I encourage everyone across the Lone Star State to help reduce the stigma by increasing our understanding, raising awareness of mental health conditions, and encouraging our family, friends, and peers to seek support. When we support and include all of our friends and neighbors, our Texas communities will grow stronger.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim May 2019 to be

Mental Health Awareness Month



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof, I hereby affix my signature this the 24th day of April, 2019.

Greg Abbott
Governor of Texas