



STATE OF TEXAS  
OFFICE OF THE GOVERNOR

For far too long, mental health was a subject relegated to the margins of public discourse, spoken of in hushed tones, misunderstood, and overlooked in policy. But nowadays, as awareness grows and attitudes evolve, we recognize that mental health is as vital as physical health. Tragically, though, Texans from every walk of life—be they veterans returning home, students coping with academic pressure, parents managing daily responsibilities, or seniors navigating difficult transitions—struggle with mental health challenges. As members of a compassionate state, we are bound by duty and conscience to support them as best we can.

Across our nation, nearly 1 in 5 adults have faced a mental health condition. In Texas alone, millions grapple with anxiety, depression, post-traumatic stress disorder, bipolar disorder, and other challenges, which affect not only the individual but also those near and dear to them. If unaddressed, these conditions can compromise health, hinder productivity, and even cut short lives.

In the midst of this crisis, the State of Texas has taken decisive action. Since 2015, our state has improved access to mental health care through landmark initiatives, including the creation of the Texas Child Mental Health Care Consortium and the expansion of Certified Community Behavioral Health Clinics. By reinforcing our mental health infrastructure and securing historic funding for community-based services and crisis response teams, we ensure that more people in need receive timely, coordinated care.

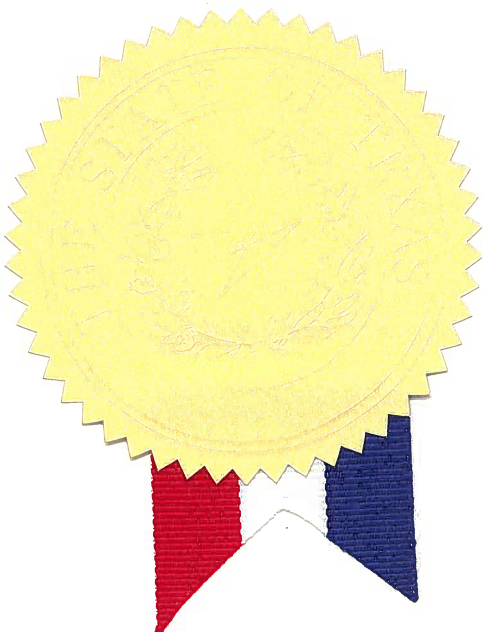
In addition to government action, many dedicated professionals, advocacy groups, and community leaders provide resources and reduce the stigma that so often surrounds mental health issues. To wit, universities conduct pioneering research on brain health and behavioral science; businesses implement mental wellness programs, recognizing that a healthy workforce is a more productive one; and nonprofits offer counseling and peer support to those in crisis. These efforts, large and small, exemplify our highest values: determination, resilience, and an unwavering commitment to those in need.

We know, moreover, that mental health concerns are not inevitable; by adopting a proactive approach to our mental health, we can pave the way for the best possible outcomes. To that end, routine mental health screenings can detect warning signs before they escalate, and open, honest dialogue with loved ones and professionals can help one determine the proper course of action. Above all, we must build a culture of understanding, empathy, and support to ensure that no Texan feels alone in the journey to wellness.

Each year, the month of May is set aside in order to shed light on mental health challenges and to encourage all Texans to actively improve their mental state. Ultimately, mental health is not a private burden; it is a public priority and a shared responsibility. During this observance and hereafter, may we all promote awareness, express compassion for those in need, and work towards a future in which mental wellness is within reach for all.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim May 2025 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 14th day of March, 2025.

A handwritten signature of Greg Abbott in black ink.

Governor of Texas