

# Proclamation

## Declaring May as Mental Health Awareness Month

### Blanco County

This measure would recognize May 2026 as Mental Health Awareness Month in Blanco County to enhance public awareness of mental health and dispel the stigma surrounding it.

WHEREAS, half of the population will experience some type of mental health challenge over the course of a lifetime; and

WHEREAS, mental health challenges are one of the most common health conditions in Texas, affecting one out of six adults and impacting both the person experiencing the condition and those persons who love and care for that person; and

WHEREAS, 36.8% of adults in Texas reported symptoms of anxiety and/or depressive disorder, compared to 32.3% of adults in the U.S.; and

WHEREAS, 165 individuals in Blanco County sought services from Hill Country MHDD Centers in FY 2025; and

WHEREAS, people with mental illnesses make important contributions to our families and our communities and can recover if given the necessary services and supports in their communities; and

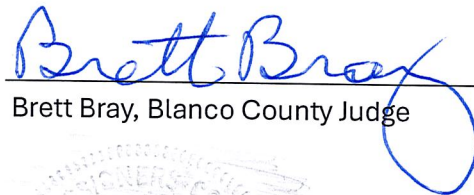
WHEREAS, creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma surrounding mental health and mental illness; and

WHEREAS, each business, school, government agency, health care provider, organization, and citizen shares the burden of mental health challenges and has a responsibility to promote mental wellness and support prevention efforts; and

WHEREAS, the Blanco County Commissioners Court wishes to enhance public awareness of mental health and diminish the associated stigma;

NOW, THEREFORE, be it proclaimed that the Blanco County Commissioners Court, acting in its capacity as the governing body of Blanco County, hereby recognizes May 2026 as Mental Health Awareness Month in Blanco County and calls upon the community to increase awareness and understanding of mental illnesses, reduce stigma and discrimination, and promote appropriate and accessible services for all people with mental health conditions.

Signed this 28 day of April 2026.

  
Brett Bray, Blanco County Judge

ATTEST:

  
Laura Walla, Blanco County Clerk

