

State of Texas \*  
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County of Comal \*

# Proclamation

## Recognizing May 2024 as Mental Health Awareness Month in Comal County

**WHEREAS**, mental health is an essential part of overall well-being, impacting individuals, families, and communities across Comal County; and

**WHEREAS**, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health; and

**WHEREAS**, Comal Mental Health and Canyon Lake Mental Health currently serve a total of 2,591 active residents, noting that there are also many other mental health serving agencies throughout the county, with their own census; and

**WHEREAS**, despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help; and

**WHEREAS**, early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life; and

**WHEREAS**, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources.

**NOW, THEREFORE, BE IT PROCLAIMED** by Commissioners Court of Comal County that May 2024 is hereby recognized as Mental Health Awareness Month in Comal County and all residents are encouraged to:

- educate themselves and others about mental health conditions, treatment options, and available resources;
- challenge stigma by speaking respectfully and inclusively about mental health;
- seek help if they are struggling with their mental health and encourage others to do the same;
- support organizations that provide mental health services and advocacy; and
- create safe and supportive environments for open conversations about mental health.

Together, we can create a community where everyone feels empowered to prioritize their mental wellbeing and seek help when needed.

**PASSED AND APPROVED** this the 9<sup>th</sup> day of May, 2024.

  
Sherman Krause, County Judge

  
Donna Eccleston, Commissioner Pct. 1

  
Scott Haag, Commissioner Pct. 2

  
Kevin Webb, Commissioner Pct. 3

  
Jen Crossover, Commissioner Pct. 4

  
Bobbie Koepf, County Clerk

