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By:  Rose H.R. No. 1529

R E S O L U T I O N

WHEREAS, May is Mental Health Awareness Month, and this occasion provides a fitting opportunity to promote better understanding of issues regarding mental health and to foster support for individuals who are affected by mental illness; and

WHEREAS, Mental illness encompasses a range of health conditions that influence a person's thoughts, feelings, behavior, and mood; these conditions include depression, psychosis, and various disorders, all of which have the potential to profoundly impact an individual's life and relationships; research suggests that mental illness is associated with multiple causes, including genetics, environmental factors, exposure to traumatic events, and biochemical processes; and

WHEREAS, According to the National Alliance on Mental Illness, 1 in every 5 American adults and 1 in every 6 American youth experience mental illness each year; although early treatment can significantly improve wellness and recovery outcomes, many people do not seek out the help they need due to the stigma associated with mental illness, as well as an inability to recognize symptoms and a lack of knowledge about health care resources; depending on each patient's unique experience, treatment may include medication, therapy, social support, and educational programs; and

WHEREAS, More work remains to be done to fight the stigma surrounding mental illness and to highlight the importance of treatment, and the observance of Mental Health Awareness Month unites Texans in their commitment to these efforts; now, therefore, be it

RESOLVED, That the House of Representatives of the 88th Texas Legislature hereby recognize May 2023 as Mental Health Awareness Month and encourage all residents of the Lone Star State to learn more about mental health issues.