

SENATE RESOLUTION NO. 468

WHEREAS, Mental health is essential to the overall health and well-being of every individual, and the observance of National Mental Health Awareness Month in May provides an opportunity to highlight the need for greater empathy and support for Texans experiencing mental health issues; and

WHEREAS, According to the National Alliance on Mental Illness, approximately one in every five Americans, including more than 4.7 million adults in Texas, lives with a mental illness; these conditions affect people of all ages, races, ethnicities, and socioeconomic backgrounds, and though they are common and treatable, the stigma associated with them can be an obstacle to treatment, recovery, and social acceptance; and

WHEREAS, Cost is another hurdle to receiving effective treatment, and over one million Texans report being unable to access the care that they need for a serious mental illness; in addition, there is a significant demand for crisis support in Texas, as evidenced by the more than 177,000 calls made to suicide and crisis line call centers in 2023, underscoring the need for sustained investment in accessible mental health services; and

WHEREAS, Mental illnesses often begin early in life, with around half of cases developing by age 14; every year, close to half a million adolescents in Texas experience a major depressive episode, and more than 300,000 have thoughts of suicide; over 18 percent of youth in our state have endured multiple adverse childhood experiences, which increase the risk of mental illnesses and substance use disorders in adulthood; despite the urgent need for mental health care among young people, the

average public school in Texas provides just one school psychologist for every 2,300 students, a ratio that falls short of the recommendation of one per 500 students; and

WHEREAS, Promoting awareness and understanding of mental health needs can help ensure that individuals receive the support and treatment necessary to lead healthy, productive lives; for our mental health care system to be effective, it must emphasize early intervention, prevention, education, and access to quality behavioral health services; and

WHEREAS, Mental Health Awareness Month serves as a means of educating the public about this critical issue and celebrating the progress made by those living with mental health conditions, and it is fitting to acknowledge the vital work being done by community organizations, peer advocates, families, professionals, and policymakers across the state to advance these worthy goals; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 89th Legislature, hereby recognize May 2025 as Mental Health Awareness Month and encourage all Texans to join in supporting mental health services, education, and outreach in their communities.

Sparks

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on May 1, 2025.

Secretary of the Senate

Member, Texas Senate