

By: Sparks

S.R. No. 468

R E S O L U T I O N

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

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

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

20 WHEREAS, Mental illnesses often begin early in life, with
21 around half of cases developing by age 14; every year, close to half
22 a million adolescents in Texas experience a major depressive
23 episode, and more than 300,000 have thoughts of suicide; over
24 18 percent of youth in our state have endured multiple adverse

1 childhood experiences, which increase the risk of mental illnesses
2 and substance use disorders in adulthood; despite the urgent need
3 for mental health care among young people, the average public
4 school in Texas provides just one school psychologist for every
5 2,300 students, a ratio that falls short of the recommendation of
6 one per 500 students; and

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

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

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