

Proclamation

City of Mission



WHEREAS, mental health is essential to the overall well-being of individuals, families, and communities, and affects how we think, feel, act, and interact with others; and

WHEREAS, one in five adults experiences a mental health condition each year, and many more are impacted through family members, friends, and colleagues; and

WHEREAS, stigma, misunderstanding, and barriers to care continue to prevent many individuals from seeking the support and treatment they need; and

WHEREAS, Mental Health Awareness Month serves as an opportunity to raise awareness, educate the public, reduce stigma, and promote resources that support mental wellness; and

WHEREAS, this year's theme, "*More Good Days, Together*," emphasizes the importance of connection, compassion, and collective action in creating environments where everyone has the opportunity to thrive; and

WHEREAS, by working together—residents, families, educators, healthcare providers, employers, and community leaders—we can foster a culture of understanding, resilience, and hope;

NOW, THEREFORE, we the City Council of the City of Mission hereby recognize the month of May as

"Mental Health Awareness Month"

and encourage all residents to prioritize mental wellness, support one another, and help create more good days, together.

PROCLAIMED on this the 12th day of May, 2026.

Norie Gonzalez Garza, Mayor

Jessica Ortega, Councilwoman

Ruben Plata, Mayor Pro Tem

Marissa Ortega Gerlach, Councilwoman

Alberto Vela, Councilman