

Mental Health Awareness Month

May



Did you know that 1 in 5 adults will have a mental health concern this year?

You are more likely to encounter someone experiencing a mental health crisis than someone having a heart attack.

The Mental Health Texas website was developed to provide information, resources and direction to Texas residents who may have mental health related needs or who want to support someone who does.

Please visit the website at
www.mentalhealthtx.org

For more information contact MentalHealthTX@hhsc.state.tx.us