

WHEREAS, mental health is essential to our overall well-being, shaping how we think, feel, connect, and thrive, and is foundational to strong families, schools, workplaces, and communities; and

WHEREAS, millions of adults and children experience mental health challenges each year, and while these experiences are common, stigma and misunderstanding can prevent individuals from seeking the support they need; and

WHEREAS, research shows that with the right tools, relationships, and support, individuals can build resilience, strengthen their mental health, and lead fulfilling lives; and

WHEREAS, increasing awareness and understanding of mental health helps create communities where people feel safe, seen, and supported; and

WHEREAS, small, everyday moments, like spending time in nature, connecting with others, and moving our bodies, can have a meaningful impact on our mental well-being; and

WHEREAS, Momentous Institute and their annual Squeeze the Day campaign encourages individuals and communities to care for their mental health through simple, science-backed practices that help us connect, pause, and recharge; and

WHEREAS, the City of McKinney joins organizations and communities across North Texas in recognizing Mental Health Awareness Month and promoting a culture of care, connection, and well-being.

NOW, THEREFORE, I, BILL COX, BY THE POWER VESTED IN ME AS MAYOR OF THE CITY OF MCKINNEY, TEXAS, DO HEREBY PROCLAIM MAY 2026 AS

MENTAL HEALTH AWARENESS MONTH

IN MCKINNEY, TEXAS, WITNESS MY HAND AND SEAL OF THE CITY OF MCKINNEY, TEXAS, THIS DAY, MAY 5, 2026.

SIGNED: _____
BILL COX, Mayor

ATTEST: _____
EMPRESS DRANE, City Secretary

