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## **Bexar County invites public to recognize World Mental Health Day**

The Bexar County Mental Health Department and the Mental Health Consortium will have a short ceremony and balloon release to mark World Mental Health Day on Oct. 10. The balloon release is the first time Bexar County will recognize the day, and it caps off Mental Health Awareness Week, which is Oct. 5-11.

"World Mental Health Day is an opportunity for all to highlight and reflect on the importance of our mental health," said Gilbert Gonzales, Bexar County's Mental Health Director. "It is a day to promote community outreach concerning mental illness and to create opportunities to promote support, improve treatment and reduce suffering."

Mental health providers and advocates will have resources available during the ceremony.

Resources will be available at noon in Main Plaza in front of San Fernando Cathedral. County Judge Nelson Wolff, Commissioner Paul Elizondo, Commissioner Tommy Adkisson and Justice Luz Elena Chapa will lead the ceremony beginning at 12:30 p.m.

The public, mental health advocates and caregivers are invited to participate by bringing purple balloons. Participants are encouraged to include messages of hope for those dealing with mental illness or lists of resources available in the community.

Please RSVP to Velma Muniz, Mental Health Program Coordinator, at (210) 335-0763 or [velma\\_muniz@bexar.org](mailto:velma_muniz@bexar.org).