



Bexar County Commissioners Court

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County celebrates World Mental Health Day with resource fair

Bexar County's Mental Health Department, health care providers and elected officials will recognize World Mental Health Day from 11 a.m. to 1 p.m. Friday, Oct. 9, with a resource fair in Main Plaza. The event is aimed at reducing the stigma often associated with mental illness and raising awareness of resources available in the community.

The resource fair will feature stress tests, mental health screenings, Tai Chi and relaxation demonstrations, on-site assistance from mental health care providers, music and food. County Commissioners Paul Elizondo and Tommy Calvert, District Attorney Nico LaHood, Probate Court Judge Kelly Cross and Sen. Jose Menendez will participate in a short ceremony before participants create a large green ribbon, with an assist from Rampage Hockey mascot T-Bone, on the plaza in front of San Fernando Cathedral.

Participating providers include Nix Health, the Health Collaborative, Clarity Child Guidance Center, San Antonio Behavioral Healthcare Hospital, the Center for Health Care Services, Laurel Ridge Treatment Center and Methodist Healthcare Ministries of South Texas, Inc.

The event is free and open to the public.

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