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**NEWS
RELEASE**

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City Recognizes National Mental Health Awareness Month

Public Health Officials Urge Community to Prioritize Mental Health, Reduce Stigma

El Paso, Texas - In recognition of National Mental Health Awareness Month, the City of El Paso Department of Public Health (DPH), National Alliance in Mental Illness of El Paso, Aliviane, and Steven A. Cohen Military Family Clinic at Endeavors are partnering to host a Cinco de Mayo **“Mindful Fiesta”** event from **6 to 9 p.m., Friday, May 5 at Alum Park, 3110 Parkwood.**

The event aims to create a stigma-free environment focused on the importance of mental health and raise awareness on prioritizing mental health. The event will provide community resources and feature live music, donation-based Lotería, a comedy show, local resources, and more. Residents can participate in games and activities to obtain valuable information during the mental health fair.

The event is free and open to the public. For more information, visit namiep.org/upcoming.

According to the Centers for Disease Control and Prevention, more than 50 percent of people will experience a mental illness or disorder at some point in their lifetime, and 1 in 25 Americans lives with a severe mental illness, such as schizophrenia, bipolar disorder, or major depression. It is essential to seek professional help when a mental health condition or symptom interferes with your normal daily activities or if you notice these or similar symptoms in a loved one.

“The latest research shows that currently 3 in 10 adults in the U.S. have reported symptoms of anxiety or depression during the COVID-19 pandemic,” said City-County Health Authority Dr. Hector Ocaranza. “The most recent data underscore the importance of mental health while addressing other physical aspects of our well-being and seeking professional mental help as an early intervention to prevent negative outcomes and improve the quality of our lives.”

In understanding mental health, it is vital to recognize that you are not alone, and local resources are available. The City of El Paso Department of Public Health facilitates referrals to behavioral health organizations for individuals of all ages through collaborative efforts to increase behavioral health screenings, diagnosis, and treatment.

The City of El Paso Department of Public Health can assist with resources for mental health by calling (915)-212-6757. If you or someone you know needs help or would like to speak with someone during a crisis, call the National Crisis Lifeline at **9-8-8**. #TomorrowNeedsYou

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Promoting **Transparent & Consistent Communication**
Among All Members of the Community

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