

## **FOR IMMEDIATE RELEASE**

### **Texas Lights Up Green for Mental Health Awareness Month!**

**(DALLAS, TX); April 27, 2023** – On the evening of May 1, 2023, buildings, and landmarks across the United States, are lighting up green for **Mental Health Awareness Month!** Mental Health Awareness Month aims to educate the public about mental health conditions, encourage mental health screenings, and reduce the stigma surrounding mental health conditions. For the *first time in north Texas*, on the evening of May 1, 2023, downtown Dallas will light up green in partnership with Mental Health America of Greater Dallas (MHA-Greater Dallas)! The Bank of America building, Omni Dallas Hotel, and AT&T Plaza’s Whitacre Tower will lead the way by lighting up green – the perfect kick-off for Mental Health Awareness Month!

According to the 2023 State of Mental Health in America Report, 21% of adults in the United States are experiencing a mental illness, equivalent to over 50 million Americans. Even more alarming, the report revealed that in the eight consecutive years of reporting, Texas continues to rank poorly, 46<sup>th</sup> overall and 51<sup>st</sup> on measures of access to mental health care.

Bonnie Cook, MAS, Executive Director of MHA – Greater Dallas, states, “Mental Health Awareness Month plays an important role in educating everyone about mental health conditions and the importance of mental health screenings. We encourage anyone experiencing early symptoms of a mental health condition to get screened. Screening saves lives! MHA – Greater Dallas offers free, online, anonymous, and clinically-validated mental health screenings on our website: <https://mhadallas.org/screening-tools/>.”

MHA – Greater Dallas invites everyone to participate in Mental Health Awareness Month and to post photos of landmarks lighting up green; tag @MHA\_Dallas on Instagram and Twitter or @mhadallas on Facebook.

To read more about Mental Health Awareness Month, visit <https://mhanational.org/mental-health-month>.

To learn more about Mental Health America of Greater Dallas screening tools or to support its mission, visit <https://mhadallas.org>.

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About Mental Health America of Greater Dallas:

Mental Health America of Greater Dallas, founded in 1947, is a 501(c)(3) non-profit organization promoting mental wellness through community education and policy advocacy. MHA-Greater Dallas serves as a catalyst to identify, assess, and respond to mental health needs in the community. As a facilitator and coordinator for local mental health service providers, MHA-Greater Dallas operates through long-range strategic planning along with immediate responses to community crises as they arise. In addition to our efforts to supply information, education, and advocacy related to mental health issues, we also provide preventive programs designed to equip high-risk populations (including children, adolescents, the homeless, and the indigent) with information and skills to combat stress and adversity. Donate with confidence EIN 75-0999935.