Mental Health Awareness Arts Exhibit Hosted by Austin Venues

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HHSC announces exhibition tour dates for the 2019 Mental Health Awareness Creative Arts Contest, a collection of original children and adult artwork, writing and photography focused on this year’s theme of “Why Does Mental Health Matter to You?” Hosted by HHSC in conjunction with the Texas Institute for Excellence in Mental Health at the University of Texas at Austin and the Texas System of Care, the exhibition travels as part of May’s Mental Health Awareness Month. Stops on the tour include:

- Austin Public Library, Manchaca Road Branch: May 7-10 and 13-17
- West Austin Studio Tour: May 11-12 and 18-19
- HHSC Brown Heatly Building: May 20-31
- Artist’s Reception at the Brown Heatly Building, Public Hearing Room 1410: May 20 from 4:00 p.m. – 6:00 p.m.

This year’s arts contest theme reflects the move toward treating mental illness with the same openness as other illnesses and seeks to educate people about how common mental illnesses are and encourage Texans to seek help when and where they need it. One out of five people will experience a mental illness at some point in their lives, while only 44 percent of adults with diagnosable mental health conditions and less than 20 percent of children and adolescents receive needed treatment.

It’s important that adults, children, and families know it’s okay and important to seek help. Community mental health services, including crisis intervention, counseling, and medication training and support may be available to adults, children, and their families. To get community mental health services, contact your local mental health or behavioral health authority. To find the one closest to you, use this online search tool.

To learn more about HHSC’s efforts in promoting mental and behavioral health, visit the Office of Mental Health Coordination.