

**CONTACT**

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FOR IMMEDIATE RELEASE**Fort Bend County to Host Mental Health Awareness Event
“Let’s Break the Stigma” on May 13, 2025****WHAT:**

In Mental Health Awareness Month observance, Fort Bend County invites the public to attend a special event focused on education, empowerment, and community support. The “Let’s Break the Stigma” Mental Health Awareness Event will explore self-care, resilience, and mental well-being strategies. Attendees will have access to mental health resources and information to promote understanding and reduce stigma around mental health.

WHEN:

Tuesday, May 13, 2025
10:00 a.m. – 1:00 p.m.

WHERE:

Janey Room - Historic Courthouse
401 Jackson Street
Richmond, TX 77469

WHY:

This empowering event highlights the importance of mental health, provides critical resources, and encourages open conversations about mental wellness. Local mental health providers will be on-site to offer information and support.

VISUALS:

- Informational materials
- Community engagement and wellness-focused activities

CONTACT:

For more information, please contact:
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MENTAL HEALTH Awareness MONTH



MAY 2025

Save the Date
May 13, 2025

Join Us for a
Mental Health
Awareness
Event!

An empowering Mental Health Awareness Event where we'll explore strategies for self-care, resilience, and mental well-being.



Let's Break the Stigma

Date: Tuesday, May 13
Time: 10:00am - 1:00pm
Venue: Janey Room at the
Historic Courthouse at 401
Jackson Street Richmond,
TX 77469

Details:

- Resources: Mental Health Providers
- Topic: Mental Health Information and Support

*Let's shine a light
on mental health
together. See you
there!*

Call (281) 344-3950

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