NAMI Texas is a 2018-2019 Outreach Partner for the National Institute of Mental Health (NIMH)

NIMH Outreach Partners disseminate research and are expected to conduct science-based mental health outreach and education activities throughout their states or regions. Outreach Partners also carry out efforts to reach underserved populations and promote National Institutes of Health (NIH) and NIMH clinical trials.

National Minority Mental Health Awareness Month

Did you know that June is National Minority Mental Health Awareness Month?

While mental illness can affect anyone, certain populations experience mental illness at varying rates and have less access to care. According to SAMHSA (2017):
- 1 in 10 American Indian or Alaskan young adults had serious thoughts of suicide.
- 1 in 7 Native Hawaiian and Pacific Islander adults had a diagnosable mental illness.
- Asian American adults were less likely to use mental health services than any other racial or ethnic groups.
Almost 25% of adolescents who experienced a major depressive episode last year were Hispanic or Latino.

Over 70% of African American adolescents with a major depressive episode did not receive treatment for their treatment.

In spite of recent advances in mental health care, disparities still exist for minorities in accessing mental health care. Minority groups in the U.S. are less likely to have access to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care. Poor mental health care access and quality contribute to poor mental health outcomes, including suicide, among minority populations. Find more information at Minority Mental Health Month.

Clinical Trials

Clinical research trials are at the heart of all medical advances. Researchers enroll women, men, and children in clinical trials to test new ways to prevent, detect, or treat disease. Studies often enroll people with a specific disorder, but some also accept people without health problems to provide baseline information on overall health.

To learn the basics about clinical trials, check out NIMH's Clinical Research Trials And You: Questions And Answers Brochure or visit The NIH Clinical Trials And You Website.

Why Participate in Clinical Research?

People participate in clinical trials for a variety of reasons. Healthy volunteers say they participate to help others and to contribute to moving science forward. Participants with an illness or disease also participate to help others, but also to possibly receive the newest treatment and to have the additional care and attention from the clinical trial staff. Clinical trials offer hope for many people and an opportunity to help researchers find better treatments for others in the future.
Suicide - How You Can Make a Difference

The recent deaths of Kate Spade and Anthony Bourdain have brought the topic of suicide into everyday conversations. As mental health advocates, we know that suicide attempts and suicides are all-too common occurrences for everyday Texans. In fact, a recent CDC report found that, since 1999, suicides are up by more than 25% nationwide.

It’s important to know the facts and what to do if you think someone might be at risk for self-harm. Please see this recent NIMH blog post for some valuable perspective on how you can make a difference.

I want to help!