Support, Education and Advocacy Are Just around the Corner!

Everything you love and expect from NAMI is part of the NAMI Texas conference experience, taking place on October 26-27, 2018, in Austin:

- **Support** - Share special NAMI connections in a stigma-free space.
- **Education** - Hear from experts speaking to professionals, peers, and family and friends.
- **Advocacy** - Meet a legislator, share your story, speak your mind.

[Register now!](#)
Never Give up Hope: Mary Ferree, Volunteer

"A single word to describe my journey with NAMI Texas is supportive," says Mary Ferree, a committed volunteer and president of the NAMI Gulf Coast chapter in Galveston. "My family has received so much in the way of education and support locally," says Mary.

“But last year NAMI Gulf Coast encountered an almost impossible situation and without NAMI Texas we wouldn't have made it.”

A year ago, Hurricane Harvey severely damaged the NAMI Gulf Coast office, making it uninhabitable. When the insurance company denied coverage, NAMI Texas stepped up to help the local affiliate to secure funds and support needed to recover. “About a month later, we were back in our offices and we never stopped our services because of NAMI Texas’ help.”

“I would like people to know that recovery from a mental health condition is possible,” says Mary. While there may be no cure, there are ways to manage a mental illness by involving caregivers, doctors, therapists, support groups, education and active involvement from the individual. “We all have an important role to play in recovery,” Mary says. NAMI’s programs empower families to fill their role as supportive, knowledgeable caregivers. “While we can’t predict the outcome for everyone,” Mary adds, “NAMI’s formula of support, education and advocacy seems to be the best bet to achieve a new normal.”

Spreading the Word: Linda Cantu, Volunteer

“Gratifying,” says Linda Cantu, “that describes my journey with NAMI.” A longtime volunteer, Linda serves on the board of NAMI Greater Houston and with Mary is gathering special donated items to raise funds at the NAMI Texas Awards Celebration.

“My family has been affected by mental illness and as I reflected on our family’s journey, I wish I had known about NAMI at that time.” Linda is passionate about spreading the word about NAMI Texas and its free resources. “I truly believe we can create change by volunteering,” Linda says.

“Actions, whether big or small, can have a positive impact on someone’s life.”

Mental illness is more common than people think—1 in 5 adults experience a mental health condition in a given year. Unfortunately, stigma keeps people from seeking help. “You are not alone in this journey,” says Linda, “NAMI provides resources and a place to learn from others who have traveled
this path.” NAMI Texas and 27 affiliates provide education and support programs throughout the state.

“The NAMI Texas Awards Celebration is a wonderful way to say thank you to people who have made a big difference,” says Linda. “I always leave inspired and in awe of the wonderful people working across the state to reduce stigma and help everyone affected by mental illness.”

Show Your Support as a Sponsor or Exhibitor at NAMI Texas 2018

**Sponsorship:** Highlight your company’s commitment to mental health care and recovery and align your brand with the only statewide organization that empowers people with lived experience.

**Exhibit:** Showcase your products, services and publications to families, consumers, caregivers and health care professionals who are seeking to keep abreast of new developments in the diagnosis and treatment of mental illness.

**Deadline: October 1, 2018**

[Learn about sponsorship opportunities and being an exhibitor!](#)

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Register now!