At all times, but especially when physical distancing is expected of us, we believe in the importance of checking in. By this we mean it’s a good time to call a friend, Facetime a family member, text an acquaintance, etc. Letting someone know that you’re thinking about them can make all the difference. We need social connection more than ever in a time like this, even if we can't physically be in the same place.

Speaking of checking in - we want to recommend a new podcast that just launched. It's called "Checking In" with Susan David. Here's the description (subscribe using your favorite podcast app): "Fear, boredom, grief, confusion—we’re all feeling... a lot right now. How do we cope with our heightened emotions during this global pandemic? Susan David—a psychologist at Harvard Medical School—is here to offer us strategies. This show is an urgent response to an urgent moment—a support system, toolkit, and understanding voice during a time of great uncertainty."

Stay Connected

NAMI Texas recently launched Online Support Groups. There are groups peers and groups for family members. There is no cost to participate. We just added a new Family Support Group on the first Wednesday of every month (first one is tomorrow, April 1st!). Click here for more information.

NAMI National is moving forward with the 2020 NAMI Convention on July 15-18 in Atlanta. Through a generous grant from an anonymous donor, NAMI members can apply for a scholarship if they could not attend due to travel costs or financial hardship. Fill out your application and send it to officemanager@namitexas.org by April 13th.

We encourage NAMI leaders and volunteers to register for and attend the upcoming NAMI townhall. The townhall is on this upcoming Thursday, April 3rd, at 3 pm CT. More here: Fundraising and COVID-19: What Can Be Done, the Trends and Messaging.
Yesterday was World Bipolar Day. Bipolar disorder is a mental health condition that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. Symptoms of bipolar disorder are different from the normal ups and downs that everyone goes through from time to time. Treating bipolar disorder may include medication, psychotherapy, education, self-management strategies and external supports such as family, friends and support groups.

The mental health impact of COVID-19 must be addressed head on. We recently did a TV interview speaking to this. We have information and resources available on our COVID-19 webpage.

Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. This new resource offers COVID-19-related mental health support for all Texans. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.

Donate to NAMI Texas