COVID-19 has given rise to an unprecedented increase in demand for mental health care. Many of us are experiencing feelings of isolation and loneliness from social and physical distancing. Others are facing the emotional distress that comes from the harsh reality of themselves, families and friends being vulnerable to COVID-19 and economic hardships.

This is a difficult time.

You are #NotAlone. NAMI Texas and our Affiliates are here for you.

Today is #GivingTuesdayNow. We hope you will consider making a donation to NAMI Texas.
NAMI Texas is focusing heavily on advocacy work and on expanding the availability of programs to better support the mental health of our community:

- Offering our first-ever online NAMI Family-to-Family class
- Expanding Online Programming
- Updating our Coronavirus Resource Page
- Co-hosting a virtual Medicaid expansion rally (Join us today, Tuesday, May 5th, at 6 pm CT)
- Going live on Texas Public Radio (Call in with a question Wednesday, May 6th, 12-1 pm CT)
- Hosting a Mental Health Advocacy roundtable on Facebook Live (Tuesday, May 19th at 1 pm CT - Save-the-Date!)
- Submitted an amicus brief on a case that recently earned a favorable result in the 5th Circuit Court of Appeals
- Presented on this webinar series about mental health and COVID-19
- Planning the 2020 NAMI Texas Annual Conference and Awards Celebration!

With your help, we can expand our reach.

Support our work on #GivingTuesdayNow

*Note: On March 27th, the CARES Act was signed into law in response to COVID-19. For taxpayers who do not itemize their deductions, this law creates a one-time deduction of up to $300 for gifts made to charitable organizations in 2020.

You Are #NotAlone

*[NPO_NAME]*
*[NPO_ADDRESS]*
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