May 15th, 2020

Dear NAMI Texas Mental Health Advocates,

We are in the middle of Mental Health Month - the need to support the mental health and well-being of Texans has never been more critical. Follow NAMI Texas this month on Instagram, Facebook, and Twitter, and your local Affiliate, to learn how to support the cause during May.

NAMI support groups and education classes are now available online. Check with your local Affiliate to learn more about online programs and visit our Online Programming page. We are working hard to expand offerings - Program Leader trainings will soon be available online, too!

The second week in May is National Depression + Anxiety Awareness Week

NAMI Texas Public Policy Platform

We are currently developing our public policy platform for 2021-2022, and we need your help! Please fill out this survey, to let us know what the mental health landscape looks like in your community and what NAMI Texas should prioritize for the next two years.

NAMI Texas Public Policy Resources

In addition to our support and information Coronavirus page, we have created a mental health policy and advocacy page to keep you up to speed on the mental health policy landscape and what you can do to advocate for mental health resources during this time when they are needed the most.

Please check out our new Advocacy Guide, as well!

NAMI Texas Policy and Coronavirus Facebook Live Event
During this Mental Health Awareness month, Texans are facing unique stressors due to COVID-19 and its impact on society. NAMI Texas is hosting a Facebook Live event with our Public Policy Team to talk about some of the specific impacts COVID-19 has had on mental health and policy, and dive into some potential recommendations for the Legislature as Texas prepares for the 87th session next January. Please join us for the conversation by RSVPing to the event via Facebook and checking into our Facebook page on Tuesday, May 19th, at 1:00 pm CT. After the event, we will post the recording on our Facebook page.

Action Alert!

The COVID-19 pandemic is pushing America into a mental health crisis that we aren't prepared to address. Social isolation, financial distress, fears about health and an uncertain future are worsening symptoms for people with mental health conditions and causing new mental health challenges for many others.

We need your help in ensuring Congress takes action to address this growing crisis. Act now!

"Since the start of COVID-19, I've been slowly falling into depression more and more. And you can't just snap out of mental health issues. They are illnesses just like any other illness."

—NAMI member in Tennessee

Let your voice be heard!

The Texas Health and Human Services Commission is seeking our input on
the housing needs of the community in which we live and serve. This information can help shape the future of housing across the state of Texas. HHSC is asking people with lived experience, community & family members and service providers with experience in mental health, substance use and intellectual and/or developmental disabilities to take a brief (3 min) survey on housing needs in Texas. The link to the survey is here: https://www.surveygizmo.com/s3/5381252/Housing-Survey-2020

Media Spotlight - NAMI Texas is featured in each article below!

**Experts Brace For Mental Health Impact Of Coronavirus Crisis**
"Is America’s mental health care system prepared to handle a wave of people seeking help? How can telehealth be used for mental health services and what are the biggest challenges? What other resources are available for adults, kids and essential workers?"

**They just want someone to talk to: This mental health hotline is helping Texans navigate the pandemic**
"The Harris Center, a health authority in the Houston area, and the Texas Health and Human Services Commission — which had seen a 500% jump in traffic to its webpages on mental health and substance abuse resources — joined forces and provided the service to callers statewide March 31."

"Every day for two weeks, I would cry a little": Coronavirus takes a toll on clients and mental health professionals
"Mental health counselors are seeing more demand for their help during the pandemic, and they're feeling the weight of it, too."
You Are Not Alone

Support Our Work

Sincerely,

Greg Hansch
Executive Director
NAMI Texas

*|NPO_NAME|
*NPO_ADDRESS|
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