Be A Mental Health Ally

There are many ways to be a Mental Health Ally. Check out these suggestions from amazing, inspiring members of the NAMI Texas family.

“You can be a mental health ally by sharing and knowing that mental illness is nothing to be ashamed of; it's the stigma and bias related to mental illness that we should be ashamed of.”

-Diane Banks

"You can be a mental health ally by visiting friends that are struggling with their mental health conditions wherever they may be.”

-Rolph Holt
Are you an Advocacy Ally?

One of the best ways to be a mental health ally is advocating for mental health reform. Across the state, access to mental health care is affected by funding decisions, insurance coverage, stigma, and much more. NAMI Texas advocates to effect a positive change in the response of government to individuals affected by mental illness. Join our advocacy efforts!

Our New NAMI Texas Peer Policy Fellow

With support from the Hogg Foundation for Mental Health, NAMI Texas recently hired a Peer Policy Fellow, Matthew Lovitt, to support our policy projects. Matthew is a person in long term recovery from mental health and substance use disorders. He holds certification as a Recovery Support Peer Specialist and is pursuing a Master of Social Work from the University of Houston with a specialization in Political Social Work. He has supported individuals in recovery in inpatient, outpatient, and community settings. In his free time, Matthew enjoys reading fiction, running marathons, and watching horror movies with his wife and three Vizsla pups.

Matthew has hit the ground running, already writing two policy briefs. Read his piece on Integrated Crisis Response Teams here and Coordinated Specialty Care for First Episode Psychosis here!

Diane Banks made an incredible video (below) thanking NAMI Texas for our work supporting Texans affected by mental illness. Diane is the NAMI Texas Peer Leadership Council's Representative to our Board of Directors. We are proud to have Diane in our corner. Thank you so much, Diane!
Countdown until the election:

80 days
- Voter registration information here!
- The deadline to register to vote is October 5th, 2020!

Countdown until the legislative session:

150 days
- Check out our recent presentation on Preparing for the Legislative session!
- Read our recap of the last legislative session!

NAMI Texas is proud to present a no-cost, virtual NAMI SMARTS for Advocacy class on Saturday, August 29th, at 1 pm CT.
NAMI SMARTS for Advocacy is a hands-on advocacy training program that helps people living with mental illness, friends and family
transform their passion and lived experience into skillful grassroots advocacy. We will be offering Module 2, which focuses on contacting your policymaker.

We are heading towards a legislative session that will be unlike any other before. Prepare yourself by taking NAMI SMARTS! Register here - this will fill up quickly!

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Shout-out to NAMI San Antonio's no-cost, virtual Pathways to Hope 'Mental Health in a COVID-19' Conference on August 21 and 22. Click here for details!

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You can be a Mental Health Ally by engaging in research to help find new mental health treatments. The STARR Coalition is a non-profit working to help transform mental health treatments by bringing advocacy organizations into the conversation with mental health clinical researchers.

With this in mind, they are collecting data on how advocates feel about mental health clinical research. Their simple survey shouldn’t take more than 3 minutes to complete - please fill it out!

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NAMI Texas was invited by the Texas House Select Committee on Mass Violence Prevention & Community Safety to provide written testimony on mental health workforce shortages. Read our testimony here.

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Join NAMI Texas' Circle of Hope
The Circle of Hope is a passionate group of monthly givers who are on a mission to improve the quality of life of all individuals living with mental illness and their families. The current crisis situation has created an unprecedented demand for NAMI Texas’ no-cost mental health resources. Your monthly gift helps NAMI Texas continue to bring hope and recovery through support, education, and advocacy to thousands of Texans living with mental illness and their families. Join here!

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