NAMI Texas issues statement on mental health traumas caused by dangerous storms

Please see the video below for a message from our Executive Director, Greg Hansch, about the three years that have passed since Hurricane Harvey made landfall in Texas, the current storm threatening parts of Texas, and the mental health impacts of these events.

If you experience emotional distress resulting from a disaster, please consider calling the National Disaster Distress Helpline for immediate crisis counseling services. Their number is 1-800-985-5990. You are also invited to join upcoming NAMI Texas Online Programs, which are available at no-cost to participants.

We encourage anyone who is struggling with trauma to reach out for support. Post-traumatic stress disorder is treatable and manageable. We are here to help.
*Hurricane Laura is expected to make landfall late tomorrow, Wednesday, August 26th. Please visit the Texas Hurricane Center website to review local evacuation orders, reception centers for evacuees, and information about how to prepare before the storm arrives.

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