Join our upcoming classes, support groups, and webinars!
#Vote4MentalHealth!

NEW! NAMI Family Support Group for Parents (for parents or caregivers caring for children and adolescents who are living with or having symptoms of a mental health condition)

Beginning Tuesday, October 27th, 2020, 7:00 to 8:30 pm CT
(every 2nd and 4th Tuesday)

You must pre-register if you want to attend. Limited seats (15 maximum) are available! Click here to register in advance.

The next session of the Texas Legislature is right around the corner! Prepare yourself by taking NAMI SMARTS for Advocacy, Module 2 - Contacting Your Policymaker.

October 31st, 1:00 to 3:00 pm - Click here to register

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. The unique step-by-step, skill-building design of NAMI Smarts is effective with a wide range of participants, including those who are new to advocacy as well as individuals with years of experience. Module 2 participants will learn about writing an effective email, making an elevator speech and making an impactful phone call, all for the purpose of being an effective mental health advocate in the upcoming legislative session and beyond.
Our next webinar is scheduled for tomorrow, October 21st at 7:00 pm CT. Join us for Improving Mental Health Through Patient Empowerment and Technology! Technology use is widespread and has the potential to provide solutions to challenges in mental healthcare. In this discussion, we'll review the goal of patient empowerment, define mental health technology, explore its potential uses and discuss a method of reviewing potential tools. Register here!

On Thursday, October 29th, at 2:00 pm CT, NAMI Texas will present Self Advocacy Within the College Academic Environment and the Workforce. The webinar will cover the importance of knowing the accommodations you may need and how to advocate for those accommodations within the College Academic Environment and the Workforce Environment. The presenter, Peer Recovery Support Specialist Jordan Smelley, uses his lived experience with Intellectual and Developmental Disabilities with Co-Occurring Mental Health Diagnosis(es) due to Chung-Jansen Syndrome to support and provide resources to others so that they don’t have to go through as much trauma as Jordan did in order to get the supports and resources needed to become a contributing member of the community at large. Register here!

2020 Awards and Annual Business Meeting with Public Policy Update

Saturday, November 7th, 2020
10 am to 12:30 pm CT (Come-And-Go As You Please)
Register here!

10 am CT: NAMI Texas Awards
10:45 am CT: Special Keynote Presentation
Kenny Wilson, President And CEO, Haven For Hope

11:15 am CT: NAMI Texas Annual Business Meeting

11:35 am CT: Public Policy Update

2020 NAMI Texas Awards
November 7th at 10:00 am CT
Register at www.namitexas.org

Charley H. Shannon Advocate for Justice Award
Chief Justice Nathan Hecht & Presiding Judge Sharon Keller

Mental Health Professional of the Year Award
Dr. Sushma Sharma

Jackie Shannon Enduring Volunteer Award
Carmen Ortiz

Mark Korenek Peer Quality of Life Award
Jennifer Gordon

Betty Fulenwider Media Award
KXAN

Volunteer of the Year Award
Angela Horner

Dedication to the Cause Award
Adrienne Kennedy

Youth Volunteer of the Year Award
Nyla Hajj
We are proud to announce a new webinar!

On the evening before Veterans Day, NAMI Texas will host a webinar on bipolar disorder, featuring Ben Beck, a U.S. Army veteran. The target audiences are veterans, allies of the veteran community, educators, families affected by bipolar disorder, and youth. The webinar will address the bipolar disorder diagnosis phase, the definition and biological process of bipolar disorder, mania and depression, the impact and process for veterans in and out of active status, first person point of view on coping mechanisms during and after diagnosis, the statistics and data relating to bipolar disorder, and process of seeking help. Register here!

If you missed our first couple webinars, watch the recordings of the Book Talk with Miriam Feldman and Creative Strategies for Expanding Treatment Capacity.

Additional Upcoming Programming

NAMI Family Support Group on Support Groups Central (for family, partners, friends and significant others of a loved one with a mental health condition) - Register here!
-Every Wednesday - 6:30 to 8:00 pm CT - October 21st and 28th, November 4th and 11th

NAMI Connection Recovery Support Group on Support Groups Central (for individuals with a mental health condition) - Register here!
-Every other Monday - 6:00 to 7:30 pm CT - October 26th and November 9th
-Every other Wednesday - 10:00 to 11:30 am CT - October 21st and November 4th
-4th Wednesday of the month - 6:30 – 8:00 pm CT - October 28th

For more online support groups and classes offered by local Affiliates, go to the following Affiliate websites (you will need to register for their support groups and classes on their website):

NAMI Central Texas
NAMI El Paso
NAMI Greater Corpus Christi
NAMI Greater Houston
NAMI Lubbock
NAMI North Texas
Contact your local Affiliate to see what online programs they are offering.

Take the pledge to #Vote4MentalHealth!

Check out our Texas-specific #Vote4MentalHealth webpage to read the responses from your candidates.

Key Texas Election Dates

Early Voting: October 13th-October 30th, 2020

Vote by Mail Application Deadline: Received by October 23rd, 2020

General Election:
November 3rd, 2020

Voting Information

You can find additional information on where to vote and who is on the ballot at http://vote411.org

Mental Health for US

NAMI is affiliated with Mental Health for US, a national nonpartisan educational initiative focused on elevating mental health and addiction in national policy. Mental Health for US published candidate questionnaires from the presidential candidates. You can read their answers here.