Join our National Family Caregivers Month webinar today

Today, Tuesday, November 17th at 1:00 pm CT, NAMI Texas will present The Power of Connections: Combatting Isolation and Aging Successfully with Annette Juba, Deputy Director of AGE of Central Texas. This webinar is presented in recognition of National Family Caregivers Month.

Staying connected was a challenge for older adults, with 43% of persons over the age of 60 reporting they feel socially isolated, even before the coronavirus outbreak. Physical distancing requirements are heightening that isolation and raising awareness among all ages of the harmful effects of isolation and loneliness. This presentation will highlight recent research about the effect of social isolation and offer best practices on building strong connections so that caregivers and professionals feel more equipped to support older adults in aging successfully. Register now!

Have you missed a recent webinar? Watch a recording here!
Prepare for the legislative session - take NAMI SMARTS for Advocacy, Module 6

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 6 participants will learn how they can use the power of their story to influence the funding of mental health services. Register now!

Advocacy: SBHCC Behavioral Health Services Survey

The Statewide Behavioral Health Coordinating Council (SBHCC) wants to learn what people think about the way behavioral health services and supports are provided in Texas. The SBHCC is seeking input from people who have used behavioral health services in Texas, their families/caregivers, providers, and service agencies and organizations. HHSC is hosting a survey on behalf of the SBHCC. You can take the survey online here and encourage other people to participate from November 8-21. Your answers will be anonymous and will help the SBHCC update the Statewide Behavioral Health Strategic Plan. The survey is available in English and Spanish and an electronic flyer is here to promote participation. Questions can be emailed to MentalHealth_SBHCC@hhsc.state.tx.us.

Earn a $15 gift card by completing a short survey on how mental health records are shared during a mental health crisis

Here is the study overview:

This study (password: NAMI) is about how mental health records are shared during a mental health crisis. The researchers want to know about participants’ attitudes, knowledge, and experiences with the exchange of mental health records.

In order to join in, participants must:
(a) be over 18 years of age or older,
(b) live in the state of Texas, and
(c) have had experiences with emergency mental health care* for either yourself or a loved one.

*You have had experiences with emergency mental health care if you or a loved one required services to meet the needs of a sudden mental health crisis in which their behavior puts them at risk of hurting themselves or others, and/or prevents them from being able to care for themselves or function effectively in the community.

The questionnaire should take no more than 30 minutes. A $15 gift card will be given as a thank you for taking part in this project.

If you are interested in receiving information about the results of the study, please reply YES when prompted during the redeeming of the gift card. Please note, this study has been reviewed by the University of Texas, Austin IRB #2020-01-0026 and no identifying information is being gathered as part of this study.

To learn more and take the survey, click here. The survey password is NAMI.

**Upcoming Online Support Groups**

**Online Support Groups – You must pre-register – Limited seats (15 maximum) are available! Click here for more details!**

**NAMI Family Support Group on Support Groups Central** (for family, partners, friends and significant others of a loved one with a mental health condition)

1st, 2nd, 3rd, and 4th Wednesdays of the month
6:30 PM – 8:00 PM CT
November 18th and 25th and December 2nd, 9th, 16th and 23rd

**NAMI Connection Recovery Support Group on Support Groups Central** (for individuals with a mental health condition)

Every other Monday
6:00 PM – 7:30 PM CT
November 9th and 23rd and December 7th and 21st

Every other Wednesday
10:00 AM – 11:30 AM CT
November 18th and December 2nd, 16th and 30th

4th Wednesday of the month
6:30 PM – 8:00 PM CT
November 25th and December 23rd

**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.)

2nd and 4th Tuesdays of the month
7:00 PM – 8:30 PM CT
November 24th and December 8th and 22nd
All information that you need to register for and join the upcoming Online Support Groups is on this webpage!

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!

Join Circle of Hope

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