Show Your #UnselfieNAMITexas on Giving Tuesday

Today, December 1st, is #GivingTuesday - the global generosity movement that empowers people from around the world to unite for worthy causes in their communities. On this day, we encourage you to consider donating to support the mental health of your friends, family members, and neighbors.

Most people report that COVID-19 has worsened their mental health, often through added worry, stress, and isolation. Now more than ever, our services are needed to ensure that individuals and families can access mental health education and support. Furthermore, our advocacy efforts are essential to promoting a robust governmental response to mental illness at a time when money is tight and the need for resources is great.

Leading up to today, we asked you to share how you are supporting mental health in Texas. You were encouraged to take an "unselfie", showing how and why you're
giving back to your community for #GivingTuesday. We received many incredible submissions and we are feeling the love from your #unselfies!

It's not too late to join in the fun by making your own #unselfie with our template and tag #UnselfieNAMITexas!

Donate to NAMI Texas on Giving Tuesday