Dear Jane,

This has been a year unlike any other. Most notably, we've been faced with a global pandemic that has exposed pre-existing inequities, claimed the lives of tens of thousands of Texans, and caused mental health challenges to skyrocket. To
those who have lost loved ones, my heart goes out to you. To the individuals and families who have experienced any hardship or distress resulting from COVID-19, please know that you are not alone.

Looking towards 2021, glimmers of hope continue to emerge. One of the few positive impacts of the pandemic is that we were forced to change the way we deliver resources, cultivating key learnings that will enhance our services for many years to come. We have been hard at work planning for 2021, with the understanding that it is unclear how long the pandemic will persist but that there are critical resources that we must offer no matter what.

It has never been more clear: we're all in this together. We have to look out for each other and make sacrifices for those who are at-risk, vulnerable, and distressed. One impactful way to support your community is to make a one-time or recurring donation to NAMI Texas, a nonprofit organization committed to offering no-cost mental health resources to Texas individuals, communities, and families. (All new donors of $20 or more from now until the end of the year will get a boost in their holiday gift shopping through a complimentary Gift of Hope card package). #HopeStartsWithYou.

How does your donation help? Here are a few key ways:

$25 - Provides one hour referral service to all in need of help from NAMI Texas

$50 - Provides one hour assistance to local volunteers requesting to start a NAMI Texas Affiliate in their community

$75 - Provides instructors to take the NAMI Family and Friends seminar to communities

$100 - Supplies mental health resource materials to be distributed at one community health event

$200 - Provides one week of online education and support

$250 - Provides resources, training, and technical support for five hours to local NAMI affiliates

$300 - Provides NAMI SMARTS training to people with lived experiences to help build statewide grassroots mental health advocates network

$500 - Trains peers to actively participate in Peer Leadership Program

$1,000 - Sponsors an instructor to train volunteers to offer classes, support groups, and other NAMI Signature programs like Basics, Family-to-Family, In Our Own Voice, Homefront, and many more in local communities

Watch our latest My Story video to learn about our impact
A few key accomplishments of NAMI Texas in 2020:

- Our online support groups have served more than 400 people to date.
- We have offered the following NAMI Program Leader Trainings, all online: 6 Family Support Group, 4 NAMI Connection, 3 Peer-to-Peer, 2 Family-to-Family, and 1 Basics.
- We published a [Public Policy Platform for 2021-22](#).
- We've held 5 NAMI SMARTS for Advocacy online classes, training almost 100 people to tell their stories to policymakers.
- We hosted an Affiliate Development Symposium webinar series addressing key topics identified by Affiliates.
- We are holding a [General Interest webinar series](#) that has reached more than 800 people.
- We've reached thousands of people through social media posts, with a special focus on reaching young people through [Instagram](#).
- We [condemned systemic racism](#) and declare what we know to be true: that [Black Lives Matter](#).

On behalf of NAMI Texas, I want to thank you for your steadfast support for the mental health of your community. With you, we know that we are not alone. As we approach 2021, I hope you will consider a [one-time or recurring donation](#) to support NAMI Texas in our efforts to provide critical mental health resources and support. #HopeStartsWithYou.

Sincerely,

Greg Hansch
Executive Director
Even in times of uncertainty, the NAMI Texas community is always here. #youarenotalone

Learn more at www.namitexas.org

Happy Holidays!

Support Our Work

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