Mental Health Awareness Month has been observed in the U.S. since 1949. Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

This year and every year, let's #Act4MentalHealth and make it Mental Health Awareness and "Action" Month! Sign up for our policy newsletter to receive concrete steps you can take to #Act4MentalHealth.

Show your support for Mental Health Month on Facebook!

Show your support for #MentalHealthMonth this May with these fun profile pic frames! Go to Facebook, click on your profile pic, and choose “Update Profile Picture”. Then click on the “Add Frame” button at the top and search for NAMI Texas.
Tardive Dyskinesia Awareness Week, May 2 - 6

Tardive Dyskinesia, or TD, is an involuntary movement disorder that may develop after a few months of taking medication to treat bipolar disorder, depression, or schizophrenia. Click here to see an infographic and go to the NAMI website for more information.

IN SUPPORT OF MENTAL HEALTH MONTH AND TARDIVE DYSKINESIA AWARENESS WEEK

Raising Mental Health & TD Awareness

TUES, MAY 4 AT 11 AM CT

JOIN THIS VIRTUAL EVENT
DISCUSSING THE IMPORTANCE OF KEEPING PATIENTS ENGAGED AND TREATING CONDITIONS ASSOCIATED WITH MENTAL ILLNESS

Register at https://namitexas.org/mental-health-month/

Register for Raising Mental Health & TD Awareness

NAMI Affiliates from across Texas urge state leadership to #Act4MentalHealth in new PSA video

NAMI Texas Mental Health Capitol Day Rally recording - April 30th, 2021
Online Programming

NAMI Texas is currently offering the following online programs. Visit this website for more information and registration.

- NAMI Connection Recovery Support Groups
- NAMI LGBTQ+ Connection Recovery Support Groups
- NAMI Family Support Groups
- NAMI Family Support Groups for Parents
- NAMI Homefront - class closed; if interested in next class, email Patti Haynes at education.director@namitexas.org
- NAMI Smarts for Advocacy, Module 5 - June 14th, 2021

Affiliates offering online programs include:

- NAMI Central Texas
- NAMI El Paso
- NAMI Guadalupe County
- NAMI Greater Corpus Christi
- NAMI Greater Houston
- NAMI Lubbock
- NAMI North Texas
- NAMI Tyler

More Observances

May: Asian American and Pacific Islander Heritage Month
May: Borderline Personality Disorder Awareness Month
May: Older Americans Month: Communities of Strength
May 3: Children's Mental Health Awareness Day
May 4: National Teachers Day
May 4: National Firefighters Day
May 6 - 12: National Nurses Week
May 10 - 16: National Women's Health Week
May 11 - 19: National Anxiety and Depression Awareness Week
May 17 - 23: National EMS Week
May 24: World Schizophrenia Awareness Day

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Adolescent Mental Health in the Time of COVID-19

NAMI is joining with the Harvard T.H. Chan School of Public Health for a virtual panel discussion focused on the mental health impacts of COVID-19 among adolescents on Thursday, May 6th, 12-1 pm, CT.

Register for the Panel Discussion

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NAMI Frontline Wellness

NAMI Frontline Wellness was developed to support the needs of health care and public safety professionals. If you or someone you love needs support, visit NAMI.org/FrontlineWellness to access resources. Contact the NAMI HelpLine, 9 a.m. - 5 p.m. CT M-F at 800-950-6264, or text “SCRUBS” to 741741 at any time for support.

As part of Frontline Wellness, NAMI Texas is working towards creating a statewide, virtual Connection Recovery Support for mental health professionals. Is that a support group that you might be interested in facilitating? Email Patti Haynes at education.director@namitexas.org.

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Donate to NAMI Texas - join 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. 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.
<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
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<tbody>
<tr>
<td>$25</td>
<td>Provides one hour of referral service to all in need of help from NAMI TX</td>
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<tr>
<td>$50</td>
<td>Provides one hour assistance to local volunteers working to start a NAMI TX Affiliate in their community</td>
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<tr>
<td>$75</td>
<td>Provides the NAMI Family and Friends seminar to a community</td>
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<tr>
<td>$100</td>
<td>Supplies mental health resource materials to be distributed at one community health event</td>
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<tr>
<td>$200</td>
<td>Provides one week of online education and support</td>
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<tr>
<td>$250</td>
<td>Provides resources, training, and technical assistance for five hours to a local NAMI Affiliate</td>
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<td>$300</td>
<td>Provides NAMI SMARTS for Advocacy Teacher Training to one individual, bringing mental health advocacy skills to TX communities</td>
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<tr>
<td>$500</td>
<td>One year of staff support to a NAMI TX Peer Leadership Council member</td>
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<tr>
<td>$1,000</td>
<td>Sponsors an instructor to train volunteers to offer classes, support groups, and other NAMI Signature programs</td>
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Join Circle of Hope