Dear Jane,

I hope this message finds you doing well. May 31st, 2021, is an important day. I’m writing to share a little bit about what this day means to NAMI Texas.

May 31st, 2021 is:

- Memorial Day
- the last day of Mental Health Month 2021
- the last day of the 87th Regular Session of the Texas Legislature

Memorial Day

Memorial Day honors those who died serving in the U.S. Armed Forces. It is a day for Americans to remember and honor the heroes who laid down their lives to preserve our freedoms.

We must bear in mind the grief and loss that many people feel on Memorial Day. We must support family members, caregivers, veterans, and active duty military service members whose lives are affected by mental health conditions.

- The Veterans Crisis Line is a free, confidential resource available to any Veteran in crisis and their families and friends.
- If you are grieving the loss of a military loved one, TAPS offers comfort, care and resources 24/7.
- The NAMI Homefront program is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions. NAMI Texas recently held a NAMI Homefront class and is planning another one for the summertime.
May is Mental Health Month

...and what a Mental Health Month it has been!

NAMI Texas highlights:

- Mental Health and Tardive Dyskinesia Awareness Event with First Lady Cecilia Abbott, State Rep. Four Price, and Dr. Stephen Saklad
- NAMI Texas Peer Leadership Council "Let's Talk About It... Now!" Event
- Grant presentation ceremony for Youth Mental Health Resources with Offutt Family Foundation / RDO Equipment
- Announcing the 2021 NAMI Texas Annual Conference and Awards Celebration
- A broad range of social media content promoting awareness, hope, and resiliency - connect with us on Facebook, Twitter, Instagram, and LinkedIn
- Many policy and advocacy achievements
- NAMI Peer-to-Peer Teacher Training
- Ongoing Connection Recovery Support Groups and Family Support Groups

Affiliate Highlights:

- NAMI Greater Houston Walk and NAMI North Texas Walk - and it's not too late to donate!
- NAMI Central Texas Speak Up! Event with Melody Moezzi
- NAMI El Paso Coffee Talks, including one featuring me
- NAMI San Antonio op-ed in the Express News
- NAMI Brazos Valley's Mental Health & The Media event featuring a presentation by me
- NAMI Lubbock reaching hundreds of people through social media outreach
- NAMI Rio Grande Valley Mental Health Month Fun Run
- NAMI Greater Corpus Christi Ribbon Campaign
- NAMI Tarrant County United Day of Hope
- NAMI Gulf Coast Young Adults and Anxiety Webinar
- NAMI Texas Panhandle open meeting to discuss the new Panhandle Mental Health Guide
- NAMI Abilene Mental Health Community Forum
- NAMI Texas of San Angelo participation in San Angelo Clubhouse #StopTheStigma 0.5K
- NAMI Kerrville participation in Shatter The Stigma 5K Fun Run/Walk
- NAMI Laredo social media outreach
- NAMI Waco outreach at the farmers market
- NAMI Temple Area Mixed Peer & Family Support Meeting and Mental Health Advocacy Meeting
- NAMI Greater Longview social media outreach
- NAMI Tyler event on the Importance Of Treatment In Mental Health
- NAMI Texas of Palestine social media outreach
- NAMI Texas of Nacogdoches community meeting
- NAMI Grayson, Fannin, & Cooke participation in the "Be A Light" Mental Health Fair
- NAMI Dallas Southern Sector participation in NAMI North Texas Walk
- NAMI Texas of North Central Region participation in #Act4MentalHealth PSA

This is just a small segment of NAMI Texas and Affiliate activity during Mental Health Month. If you haven't already, we encourage you to get involved on the local level and join NAMI!
Virtual Programming

Last Day of the Legislative Session

Earlier today, the 87th Texas Regular Legislative Session came to an end. Although not all of NAMI Texas' policy priorities were achieved, the Legislature passed a number of bills that will improve access to and quality of mental health care for Texans living with mental illness.

We thank all of you for advocating alongside of NAMI Texas throughout the session! This was a session in which action on mental health was critically important due to the mental health impact of COVID-19 - and we are pleased to report that significant action was taken (however, a lot was left on the table, so we must continue pushing hard for legislators to Act4MentalHealth). We especially appreciate our Affiliates and members for engagement in the NAMI Texas Capitol Day Rally and Days of Action!

Check out State of Reform's recent policy Q&A with me.

NAMI Texas is proud to share our 87th Legislative Session Rapid Recap Report. Keep in mind, June 20th is the last day that the Governor can sign or veto bills.
that the Legislature passed. Over the summer, we will release a report providing a full summary of 87th session mental health legislation.

87TH LEGISLATIVE SESSION RAPID RECAP REPORT

SHARE YOUR STORY * IMPACT STATE POLICY

2021 NAMI Texas Days of Action

177 ADVOCATES
50 LEGISLATORS

ACT4MentalHealth

January 29th
March 5th
March 26th
April 30th

SENATE COMMITTEE ON
HEALTH & HUMAN SERVICES
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.

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<thead>
<tr>
<th>Monthly Gift</th>
<th>Perks</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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<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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<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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<td>$500</td>
<td>One year of staff support to a NAMI TX Peer Leadership Council member</td>
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<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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I thank you for all your ongoing support to NAMI Texas. Together, we can keep mental health awareness *and action* taking place throughout the year, not just during Mental Health Month and the legislative session.

With gratitude,

[Signature]