Jane, I’m reaching out to share with you some exciting programs, opportunities, and awareness recognitions. Thank you for your ongoing support of NAMI Texas!

**NAMI Provider Seminar**

NAMI Texas is very excited to offer a virtual, 4-hour NAMI Provider seminar on Saturday, June 12th, from 10 am to 2 pm CT. There is no cost to participate and free Continuing Education credit is available for social workers, counselors, marriage and family therapists, and psychologists.

The NAMI Provider 4-hour Seminar informs health care providers on the challenges that individuals and families with mental health conditions face. We are keeping registration open until 3 pm CT on Friday, June 10th to fill the few remaining slots in the seminar. Please help us share this unique virtual seminar opportunity with health care providers in Texas!

The course encourages greater understanding of the family’s perspective so future care is more collaborative, involving the person, the family, and the health care professional; effective and empathetic. Having everyone engaged in the recovery process facilitates better outcomes.

The seminar is presented by a trained team that includes a person with a mental health condition who is in recovery, a family member of someone with a mental health condition and a mental health professional who has a mental health condition or is a family member. The presenters share their personal, intimate perspective on their treatment experience.

[Register for NAMI Provider Seminar]

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**Online Programming**

NAMI Texas is excited to offer a variety of no-cost online programming!
Learn More About Online Programming

Virtual Program Assistant

Are you savvy with Zoom? Have a passion for peer and family-based mental health education and support? Consider applying to serve as a Virtual Program Assistant - an independent contractor opportunity with NAMI Texas.

June is LGBTQ+ Pride Month
MENTAL HEALTH RESOURCES
FOR LGBTQ+ YOUTH

TEXAS RESOURCES

**Borderland Rainbow Center** is an LGBTQ community space that provides peer support groups, creative groups, and local resources for El Paso youth ages birth to 24. www.borderlandrainbow.org/

**DFW Trans Kids & Families** is an inclusive social group of families that support their transgender or gender expansive children of all ages in Dallas-Ft. Worth. https://dftkf.com/about-us /

**Fiesta Youth** provides peer support and education for youth ages 12-18 in San Antonio. www.fiesta-youth.org

**GALA Youth** is part of GALA North Texas and dedicated to serving and assisting lesbian, gay, bisexual, transgender, questioning, and allied youth by providing the youth with tools to improve self-esteem and self-acceptance. https://sites.google.com/a/galanorthtexas.org/gala-youth/ 

**Hatch Youth** provides a safe, affirming social environment for LGBTQ youth ages 7-20 and health education in the greater Houston area. www.montrosecenter.org/hatch-youth/

**LGBTQ SAVES** provides safe and brave spaces for social and personal development of North Texas LGBTQ youth ages 12-24. www.lgbtqsave.org/
TEXAS RESOURCES

OUTwest Lubbock is a LGBTQ virtual community center with resources for individuals, organizations and communities. www.outwestlubbock.org

Out Youth offers support, programming and counseling to Central Texas youth ages 12 to 23 of all sexual orientations and gender identities. www.outyouth.org/

Pride Center West Texas provides support for youth around issues of sexual orientation and gender identity, and referrals to services for the LGBTQ+ community. www.pridecenterwt.org/

The Pride Community Center in Brazos Valley intends to create a safe space for the Community to assemble free of discrimination, violence, taunting, and fear. www.pridecc.org/

Youth First serves North Texas LGBTQ and allied youth ages 12-18 and equips them with the tools and resources they need to live an authentic life, including LGBTQ focused mental health. www.myresourcecenter.org/community/lgbtq-youth-programs

Coastal Bend Pride Center’s Youth Network Out Together is a program which strives to support, educate, and uplift lesbian, gay, bisexual, transgender, queer, intersex and asexual youth ages 13-24 throughout the Coastal Bend of South Texas. www.cbpridecenter.org/ynot

NATIONAL RESOURCES

LGBT National Youth Talkline is free and confidential peer support for the LGBTQ and questioning community ages 25 and younger. https://www.glbthotline.org/ 800-246-7743

Contact your local Texas PFLAG for additional resources. https://pflag.org/find-a-chapter

Q Chat Space provides online discussion groups for LGBTQ+ teens ages 13 to 19. Conversations are facilitated by experienced staff who work at LGBTQ+ centers around the country. www.qchat.space.org

Trans Lifeline is a peer support hotline run by trans people, for trans and questioning callers. https://www.translifeline.org/ (877) 565-8860

Trevor Project is a support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line (text “START” to 678678). https://www.thetrevorproject.org/ 866-488-7386


...and for adults:
June is PTSD Awareness Month

Many can experience emotional distress, like anxiety, constant worrying & trouble sleeping, after a traumatic event. If you or someone you know is struggling with PTSD, help is available.
This #PTSDAwarenessMonth, help raise awareness about post-traumatic stress disorder (PTSD) by sharing information and materials based on the latest research via National Institute of Mental Health.

Share science. Share hope.

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**June is Men's Health Month**

Let's make sure that mental health is a key focus of this year’s Men's Health Month.

Our friends at Mental Health America have a fantastic page on Mental Health for Men - check it out!

**Via NIMH:** "Depression is a serious but treatable medical condition -- a brain disease -- that can strike anyone, including men. In America alone, more than 6 million men have depression each year.

Whether you're a company executive, a construction worker, a writer, a police officer, or a student; whether you are rich or poor; surrounded by loved ones or alone; you are not immune to depression. Some factors, however, such as family history, undue stress, the loss of a loved one, or serious illnesses can make you more vulnerable.

If left untreated, depression can lead to personal, family, and financial difficulties. With appropriate diagnosis and treatment, however, most people recover. The darkness disappears, hope for the future returns, and energy and interest in life becomes stronger than ever.”

Men are less likely than women to seek help. It’s time to change norms, structures, and stigmas that often make men reluctant to speak out and access care.

Recently, LaMarcus Aldridge spoke out about his struggle with mental health. Just in case you’re not familiar, LaMarcus is a recently-retired basketball sensation from Dallas who played two seasons with the Texas Longhorns and six seasons with the San Antonio Spurs. We commend him for sharing his story and we believe that his openness will inspire others to speak their truth and seek help. As our friends at the Meadows Mental Health Policy Institute will often say, it's Okay to Say.

“I've been depressed, and I'm trying to figure out how to navigate through not competing on the floor, learning not to be depressed. I still love basketball. I still feel like I have a lot to give. But even now, I'm still trying to find myself.” - LaMarcus Aldridge

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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!