JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

Join us Friday, July 30 at 10 am CST for "A Healthier You Is Always a Right" for HUD's #MinorityMentalHealthMonth celebration. Call in or join via Teams. NAMI Texas Executive Director, Greg Hansch, will speak on NAMI resources available in Texas, the mental health impact of COVID-19, coping mechanisms that can be utilized, and how we can work together to shatter barriers to mental health access in minority communities.
We're looking forward to NAMI El Paso's Minority Mental Health Community Forum! They will discuss women's mental health issues, LGBTQ youth, immigrants, and much more. Register now!

There will be 3 free CEUs offered to LPCs and LSWs.

In honor of Minority Mental Health Month, NAMI Gulf Coast will be hosting an online webinar featuring panelists from Hispanic, Black, and LGBTQ backgrounds, who will discuss their personal experiences enduring 2020 as a minority and issues faced due to the COVID-19 pandemic.

Register for NAMI Gulf Coast event here
NAMI Sharing Hope is a three-part video series that explores the journey of mental wellness in Black communities through dialogue, storytelling and a guided discussion on the following topics:

- Youth and Mental Wellness: “How Do You Heal?”
- Community Leaders and Mental Wellness: “The Art of Healing”
- Black Families and Mental Wellness: “Smiling On Our Journey”

For more information about participating in a Sharing Hope Community Conversation, contact our Program Director.

Learn more about NAMI Sharing Hope

Lack of information and misconceptions surrounding mental health issues prevent many members of the Latinx community from getting the help and support they need. NAMI Compartiendo Esperanza is a bilingual 90-minute presentation that can help increase mental health awareness in Latino communities by addressing a number of important topics:

- The signs and symptoms of anxiety disorders, bipolar disorder, schizophrenia and depression
- How to talk about mental health and decrease stigma
- An overview of recovery and how it’s possible
- The types of mental health services and supports available, including NAMI education and support programs

For more information about participating in a Compartiendo Esperanza Community Conversation, contact our Program Director.

Learn more about NAMI Compartiendo Esperanza
NAMI Texas thanks Humana for their support of Sharing Hope / Compartiendo Esperanza and their sponsorship of the NAMI Texas Annual Conference and Awards Celebration.

In the video above, Charita Cole Brown’s powerful voice fills the room as she proclaims it is time to stop whispering about mental illness. The author, educator, and NAMI presenter and facilitator discusses shattering the stereotype of a strong Black woman in her memoir, "Defying the Verdict: My Bipolar Life", and advocating for mental health resources in the Black community.

In the PSA video above, NAMI North Texas brings minority mental health to the forefront, shares hope, and helps us all understand that, "it’s ok to say you’re not ok". As stated in their video description, "Many marginalized people face mental health challenges because of historical experiences, cultural differences, and disparities."

Over the next few months, NAMI El Paso will be offering NAMI FaithNet Bridges to Hope several times. They have agreed to make this program (offered through Zoom) available statewide.

NAMI FaithNet Bridges to Hope is a 1-hour presentation designed to educate faith communities about mental illness so that they can create stronger safety nets and welcoming communities of faith for people affected by mental illness.

Do you know a faith leader or faith community leader who might find this program useful? Please pass along the invitation to them!
Pathways to Hope is a free (VIRTUAL) conference bringing together mental health professionals, social workers, educators, the judicial system, law enforcement, faith community leaders, caregivers, and individuals living with a diagnosis to help improve the mental health care system.

Recovery 101: How To Become A ROCC Star

Join us for a special seminar on mental health recovery. In this seminar, peer-support specialists will teach you key concepts through an engaging presentation. This seminar is for the entire community: those with and without personal mental health experiences, health professionals, community leaders, and more.

Contact:
mhfan@dfwhcfoundation.org

Register for Pathways to Hope

Register for How To Become A ROCC Star
Use these tools from @BlackEmotionalAndMentalHealth to create space for yourself and reflect. Journaling can be a very helpful tool to express your emotions and process your thoughts. It provides a safe space to understand how you are feeling, as we cannot communicate to others our feelings and needs if we do not know them ourselves.

BEAM's mission is to remove the barriers Black people experience while attempting to access or engage in mental and emotional health care.

"Took me a long time to realize it but the key is to not be afraid to open up."

Dwayne "The Rock" Johnson

"We as men have a tendency to hold all that which is not healthy, it’s not good. Depression doesn’t discriminate so if my past can help then I’m happy to share."

Dwayne Johnson shows us there are many ways to exhibit strength and telling your story is one of them.

*Accreditation for pic used: Eva Rinaldi, CC BY-SA 2.0 via Wikimedia Commons
Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

Together, we can realize our shared vision of a nation where anyone affected by mental illness – no matter their background, culture, ethnicity or identity – can get the appropriate support and quality of care to live healthy, fulfilling lives – a nation where no one feels alone in their struggle.

Read more here about how identity and cultural dimensions affect how we experience mental health conditions and access care.

Have you ever heard of Superwoman Schema? While many may not know the term, many do know the impact and realities of it. This role developed out of the necessity to survive and cope with continuous trauma and discrimination. It is also a way to counteract the negative stereotypes and images that are placed on some women.

These 5 characteristics have become a way of life and a way to cope for many Black women and other minority women. Understanding the internalization of this schema may help those who feel its effects.
Although Superwoman Schema developed as a coping mechanism, the role does have negative effects on mental and physical health. Further, Superwoman Schema characteristics, such as resistance to dependence on others and emotional suppression, might prevent African American and other minority women from seeking help for emotional distress.

Understanding Superwoman Schema and other culturally-specific influences that contribute to distress may help mental health professionals better treat their clients.

Looking for culturally competent care in your area? [NAMI Texas can help!](#)

No hay salud sin salud emocional. NAMI ofrece clases de educación y grupos de apoyo gratuitos para personas que viven con problemas de salud mental y sus familiares. Estos programas son ofrecidos por personas que han vivido experiencias similares.

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There is no health without emotional health. NAMI offers free education classes and support groups for people living with mental health conditions and their families. These programs are offered by people who have had similar experiences.

Simone Biles recently revealed that at first, she wasn’t sure she was the type of person who should meet with mental health professionals. Now she includes mental wellness in her overall training plan.

NAMI Texas commends Simone Biles for making her mental health a priority. Sometimes, hitting the pause button and stepping away is the best thing to do.

"That helped me get in tune with myself so that I felt more comfortable and less anxious."
-Simone Biles
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.

Join Circle of Hope

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