Jane, these are trying times for our state, our nation, and our world. COVID-19 continues to pose tremendous health and safety challenges. Domestic political strife and evolving circumstances overseas cast uncertainty over our way of life. At the time of this writing, parts of the Gulf Coast (primarily Louisiana) are threatened by a major storm system that may make landfall before the end of the weekend (it's a good idea to have a hurricane kit ready if you're in an area that may be affected).

With all that's going on in our lives, it's all too easy to overlook our mental health. NAMI Texas is here to encourage you to always make your mental health a priority. We are here to remind you that #YouAreNotAlone. Connecting with likeminded people, seeking and receiving support and education, and being of service to others are some of our best options for taking care of our mental health. This newsletter is intended to share these options with you.

Support Groups and Education Classes

NAMI Texas and our Affiliates offer a variety of no-cost education classes and support groups for individuals and families affected by mental illness.

**NAMI Connection Recovery Support Group** is a 90-minute recovery support group for people living with a mental health condition in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. [Register here](#).

**NAMI LGBTQ+ Connection Recovery Support Group** is a 90-minute recovery support group program designed for LGBTQ+ individuals living with mental health conditions. We provide a sense of belonging and a safe space to discuss lived experiences while receiving the support of LGBTQ+ facilitators. [Register here](#).

**NAMI Family Support Group** is a 90-minute support group for family, partners, friends and significant others of a loved one with a mental health condition. [Register here](#). We also offer **NAMI Family Support Group for parents or caregivers** caring for children and adolescents who are living with or having symptoms of a mental health condition. [Register here](#).

**NAMI SMARTS for Advocacy** is a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy. [Register for NAMI SMARTS Module 1 here](#).

**NAMI Basics OnDemand** is a six-session online education course that was developed in response to the demand for a conveniently accessible version of NAMI Basics. It is available online 24/7 and covers much of the same material as the in-person course. [Learn more about NAMI Basics OnDemand here](#).

**NAMI Provider 4-hour Seminar** informs health care providers on the challenges that individuals and families with mental health conditions face. [NAMI Texas is offering NAMI Provider on Saturday, September 25th](#).
Affiliate Programs

Many local NAMI Affiliates are offering no-cost virtual programming and will allow people from across the state of Texas to participate. Click on the Affiliate logos below to see what they offer.

*Local NAMI Affiliates not listed below who would like to be listed on the NAMI Texas Online Programming page should reply to this newsletter to indicate your interest.

Trainings

NAMI Texas and the local NAMI Affiliates offer many NAMI program leader trainings. These trainings empower NAMI Texas and local NAMI Affiliates to offer NAMI programs across Texas.

NAMI Texas will offer an Online NAMI Basics Teacher Training the weekend of September 24 – 26, 2021. Contact your local affiliate if interested in becoming a NAMI Basics Teacher.

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. NAMI Texas will an Online NAMI Family-to-Family Leader Training the weekend of November 5-7. Contact your local affiliate if interested in becoming a NAMI Family-to-Family Teacher.

NAMI Texas is offering an Online NAMI Connection Facilitator Training the weekend of September 17-19. Contact your local affiliate if interested in becoming a NAMI Connection Recovery Support Group Facilitator.

NAMI Central Texas is offering an Online NAMI Family Support Group Facilitator Training the weekend of September 10-12. NAMI Texas is offering a Spanish language one October 8-10, and an English language one October 29-31. Contact your local affiliate if interested in becoming a NAMI Family Support Group Facilitator.

NAMI Texas is offering an Online NAMI Provider Leader Training the weekend of October 15-17. Contact your local affiliate if interested in becoming a NAMI Provider Teacher.
NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. NAMI Texas is offering an Online NAMI Peer-to-Peer Leader Training the weekend of October 22-24. Contact your local affiliate if interested in becoming a NAMI Peer-to-Peer Teacher.

NAMI Texas is offering an Online NAMI SMARTS for Advocacy Teacher Training on October 23, 2021. Contact your local affiliate if interested in becoming a NAMI Family-to-Family Teacher.

NAMI Texas Annual Conference and Awards Celebration

This year’s NAMI Texas Annual Conference and Awards Celebration will be free and virtual! And, as always, it will be informative, engaging, and interactive.

Please join us November 12-13 on the CVENT Virtual Attendee Hub. We are putting together an exciting program with keynotes, workshops, exhibitors, awards, and more. We’ve already announced NAMI National CEO Dan Gillison as one of our keynote speakers. Next week, we will announce our second keynote, and shortly thereafter, the workshops!

We would very much appreciate you nominating your Texas mental health hero for an award. The deadline for award nominations is September 7th.

Join Forward to Wellness

Forward to Wellness Sponsor Spotlight

We are excited to welcome Otsuka as a new Advocate-level sponsor of Forward to Wellness!

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>$100</td>
<td>Supplies mental health resource materials to be distributed at one community health event</td>
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<tr>
<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>$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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<td>$200</td>
<td>Provides one week of online education and support</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>$75</td>
<td>Provides the NAMI Family and Friends seminar to a community</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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<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]

[Join NAMI]

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