Dear Jane,

Tomorrow, September 10th, is World Suicide Prevention Day—a day to raise awareness and address the stigma associated with this important mental health concern. Throughout the month of September (Suicide Prevention Awareness Month), we’ll share tools for individuals, friends, and families to help discuss suicide prevention and seek help. Together we can ensure that individuals experiencing a mental health crisis can access essential services and support. #Together4MH

Learn more at nami.org/SuicidePreventionMonth.

Policy Priorities: 87th Session Interim

The NAMI Texas Policy Team has developed a list of policy & advocacy priorities for the interim, including health care access, the criminal justice system, & early intervention. Take a peek at our one-pager and visit the NAMI Texas website to review the complete list of the issues we will champion in the lead up to the 88th Session in 2023.
Advocacy: A Bold Vision for America's Mental Well-being

Yesterday, NAMI Texas participated in an event in Austin with Senator John Cornyn and stakeholder organizations. We engaged in discussion about the need for more mental health crisis resources in Austin and communities across Texas. Below is a picture that we took at the event. Senator Cornyn retweeted our picture and we encourage you to do the same!

A core focus of NAMI's advocacy for expanded mental health crisis resources is the upcoming rollout of the national 9-8-8 mental health crisis system in the U.S. You can learn more about 9-8-8 here.

Today, Senator Cornyn and Senator Bennet released a white paper on reimagining the U.S. mental health system. NAMI CEO Dan Gillison's statement on this is below:

“We live in a time of an unprecedented and rapid change—and it is straining all generations in unbelievable ways. People need help—and too often can’t find it. We’re grateful to Senators Bennet and Cornyn for their timely and important call to redesign and improve access to mental health care.” - Dan Gillison, CEO of NAMI

#Together4MH: Helping Friends and Family

Have you ever had a friend post something on social media that concerned you, but you didn’t know what to do? NAMI Texas has a new youth resources page that can guide you through how to help a friend.

Also, check out "Help A Friend In Need: Guide for Facebook & Instagram" by Jed Foundation.

TOGETHER for Mental Health

How to Support Someone in a Crisis

SWIPE TO LEARN MORE

nami.org/suicidepreventionmonth
About Supporting Someone in a Crisis

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning.

See nami.org/suicideprevention for more information.

Supporting Someone in a Crisis

- Talk openly and honestly. Don’t be afraid to ask questions such as, “Have you had thoughts of ending your life?”
- Calmly ask simple and direct questions such as, “Can I help you call your psychiatrist?”
- If there are multiple people around, have one person speak at a time
- Express support and concern

Supporting Someone in a Crisis

- Remove means such as guns, knives or stockpiled pills
- Don’t argue, threaten or raise your voice
- Don’t debate whether suicide is right or wrong
- If you are nervous, try not to fidget or pace
- Be patient
We can all be gatekeepers for suicide prevention. The best thing we can do as community members is equipping ourselves with the basics tools and skills that are proven to be effective at preventing suicides. The Texas Suicide Prevention Collaborative is the go-to place for accessing these resources in Texas. Through the Collaborative, you can:

- access suicide prevention training
- learn the basics about suicide prevention and postvention
- secure key resources, like mobile apps
- participate in suicide prevention events

Affiliate Spotlight: NAMI Greater Corpus Christi

Tonight and tomorrow is the Corpus Christi Region’s 7th Annual Suicide Prevention Symposium. Click here to register for this free, virtual event. NAMI Texas Executive Director Greg Hansch will be speaking at the symposium tonight - NAMI Greater Corpus Christi night!

Affiliate Spotlight: NAMI El Paso
Join NAMI El Paso as they host *Living Brown in 2021: Community Strengths* in the face of mass shooting, family separations, & historical trauma with Dr. Manuel X. Zamarripa, LPC-S. Register here.

**Start-Up Group Spotlight: NAMI Texas of Brownwood**

NAMI Texas of Greater Brownwood is a new start-up group of NAMI Texas. Though they have not yet completed the NAMI Affiliation process, they are already actively engaged in outreach, programming, and advocacy in the Greater Brownwood area. Their Start-Up Group Leader, Elisabeth Barber, was recently published on the NAMI blog. The blog post is entitled, *"Moving Forward After Losing My Father To Suicide"*. Her story is so powerful and we hope you will take the time to read it.

Read Elizabeth’s blog post

**Mental Health Crisis Resources**

If you’re in crisis, please reach out to one of the crisis line numbers below.

You can also call the *crisis hotline* for the Local Mental Health Authority for your county.

If you need help in a crisis, you can text NAMI to 741-741. You will be connected with a trained crisis counselor to receive free, 24/7 crisis support via text message.

**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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<td>Provides one hour of referral service to all in need of help from NAMI TX.</td>
<td>Provides one hour of support to local volunteers working to start a NAMI TX Affiliate in their community.</td>
<td>Provides the NAMI Family and Friends seminar to a community.</td>
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<td>Supplies mental health resource materials to be distributed at one community health event.</td>
<td>Provides one week of online education and support.</td>
<td>Provides resources, training, and technical assistance for five hours to a local NAMI Affiliate.</td>
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<td>Provides NAMI SMARTS for Advocacy Teacher Training to one individual, bringing mental health advocacy skills to TX communities.</td>
<td>One year of staff support to a NAMI TX Peer Leadership Council member.</td>
<td>Sponsors an instructor to train volunteers to offer classes, support groups, and other NAMI Signature programs.</td>
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