

Community Events During May Mental Health Awareness Month

Demo of the Panhandle Mental Health Guide (www.PanhandleMentalHealthGuide.org) | [Register here](#)

Panhandle Mental Health Guide (a project by PBHA) is an online, comprehensive service directory of mental health and substance use resources in the Texas Panhandle.

Attend demos via zoom or in-person or schedule a separate demo with your group/agency.

Mental Health First Aid Trainings | [Contact PBHA](#) or visit the [PBHA website](#) for dates

Free evidenced-based early-intervention training that helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

May 1st at 11 AM – Tea and Me: What is the Tea Hutch on Grief* | [Register here](#)

In-person event at Borger, TX with guest speaker Jamie Gillispie to talk about grief. All proceeds will benefit Hutchinson County mental health needs.

May 6th at 9 AM – Older Adult Mental Health Awareness Day Symposium | [Register here](#)

Virtual event that includes a full day of sessions on how to best meet the mental health needs of older adults.

Every Friday at 11:30 AM – Learning Luncheons

Free Learning Luncheons (with 1-hour CEU credit) hosted by NWTHS Behavioral Health. Lunch included for in-person attendance, but virtual option also available.

May 7th – Interventions for Transgender & Gender Non-Conforming Clients | [Register here](#)

May 14th – Understanding Adverse Childhood Events (ACE's) | [Register here](#)

May 21st – Grief Treatments and Interventions | [Register here](#)

May 28th – Exposure Therapy | [Register here](#)

May 11th at 1 PM – Proclamation for May as Mental Health Awareness Month | [Watch here](#)

Amarillo Mayor's Office of the City of Amarillo will sign a proclamation to designate May as Mental Health Awareness Month at the City Council Regular Meeting. Location via video conference.

May 12th at 10 AM – Texas Panhandle Centers Career Fair | [Join here](#)

Virtual event where attendees can meet hiring supervisors, ask questions, learn about TPC's benefits, and interview on the spot (bring your resume).

Visit the [PBHA website](#) for an updated list.

Updated 5/3/2021

*Fee associated with the event/activity.

May 13th at 11 AM – The UnLonely Symposium | [Register here](#)

Virtual convening of professionals discussing issues, resources, and best practices to combat the loneliness epidemic in aging services, workplace, campus, and community spaces.

May 14th at 1 PM – *Speaking Grief* Documentary Viewing | [Register here](#)

Virtual event that includes the showing of the *Speaking Grief* documentary followed by a panel discussion aimed at creating a more grief-aware society and helping guide those who wish to support them.

May 15th at 9 AM | Mindful Miles 5k Run and Walk* | [Register here](#)

Join the 5k run and walk at Huber Park, Borger, TX to help raise awareness for mental health. All proceeds benefit Hutchinson County Mental Health needs.

May 18th at 9 AM – How to Access Mental Health Services During A Crisis | [Register here](#)

Virtual event on accessing mental health resources in the Texas Panhandle during emergencies with speakers from The Pavilion, Family Support Services, TPC Mobile Crisis Outreach Team, and APD Crisis Intervention Team followed by Q&A.

May 21st at 12 PM – Mental Health Summit | [Register here](#)

Free workshop and lunch for social workers, RNs, LVNs and CNAs about utilizing verbal de-escalation techniques to care for patients experiencing cognitive impairment and behavioral changes. Learn more about the effects of long-term facilities and the mental health decline. Community members may also attend and receive CEU credits.

Workplace Mental Health

Below are resources and activities that you can explore for the workplace to decrease the mental health stigma and support employee mental health by having workplace conversations:

- [Addressing Loneliness and Isolation Through Creativity and Connection](#) by Right Direction
- [Mental Health at Work Toolkits](#) by Mind Share Partners'
- Explore [Workplace Mental Health](#) and complete the workplace mental health [Organizational Assessment](#)
- [Caring for Employees' Mental Health](#) (Employee Wellness program at Street Toyota) by Danny Mize
- [Add the widget for the Panhandle Mental Health Guide](#) in your company website or resource page
- Resources by National Alliance on Mental Illness (NAMI):
 - [BAD FOR BUSINESS: The Business Case for Overcoming Mental Illness Stigma in the Workplace](#)
 - [Improving Workplace Well-being](#) video-led group discussion tool
 - Sign-up and pledge to be a [StigmaFree Company](#)
 - Mental health guides by the [StigmaFree](#) initiative
 - [What You Need to Know about Mental Health](#)
 - [Supporting Mental Health in Your Organization: A Guide for Leaders](#)
 - [Creating a StigmaFree Workplace: A Guide for Supervisors](#)
 - [Work and Your Mental Health: A Guide for Employees](#)

[Contact PBHA](#) for any other May mental health events/activities to be added in the list.

Visit the [PBHA website](#) for an updated list.

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Panhandle Mental Health Guide funders & sponsors:

