

## 2022 Community Events During May Mental Health Awareness Month

### **Demo of the Panhandle Mental Health Guide** ([www.PanhandleMentalHealthGuide.org](http://www.PanhandleMentalHealthGuide.org))

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

Upcoming demos via Zoom: Tuesday, May 10<sup>th</sup> at 2 pm, and Thursday, May 12<sup>th</sup> at 10 AM.

Attend demos via zoom or in-person, or schedule a separate demo for your group/organization.

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

Free evidenced-based early-intervention training that builds mental health literacy, providing an action plan that teaches people to identify and address a potential mental health or substance use challenge safely and responsibly. 6 CEU credits available.

### **Panhandle Mental Health Guide Widget Campaign** | Deadline by May 4<sup>th</sup>

Add the [Panhandle Mental Health Guide widget](#) in your organization's website and email PBHA a picture of the proof to be added in the randomize \$100 gift card drawing. Address/location of the organization must be located within the 27 counties of the Texas Panhandle to win.

### **Mondays at 12:30 PM – Self-Care Mini Sessions** | [Register here](#)

Mini sessions of self-care topics for a 30-minute weekly group activity and resource sharing via Zoom or hybrid format.

### **April 30<sup>th</sup> at 9 AM – Mental Health Workshop\*** | [Register here](#)

In-person event at Fritch, TX. Symposium that provides education and information to individuals, church members and leaders, and community members on how they can help support positive approaches to mental health in our communities.

### **May 5<sup>th</sup> at 8:30 AM – LOSS Team Postvention Conference\*** | [Register here](#)

The LOSS (Local Outreach for Survivors of Suicide) Team at Family Support Services will have special guest speaker Anne Moss Rogers to speak about "Turning Pain into Purpose." In-person or virtual attendance option. 4 professional credit hours available.

### **May 5<sup>th</sup> at 12 PM – Children & Youth Mental Health Webinar** | [Register here](#)

Lupe A. Schneider, M.Ed., LPC-S, Behavioral Health Counselor from Family Support Services to discuss symptoms that could be of concern and related to mental health. Available services will also be shared, both through the school to help the child academically, and within the community to help the family receive the comprehensive help and support they need.

**May 7<sup>th</sup> at 11 AM – Tea and Me** | [Register here](#)

In-person event at Skellytown, TX. Guest speakers Amy Hord and Carissa Wingate to talk about anxiety. All proceeds will benefit Hutchinson County mental health needs.

**May 10<sup>th</sup> at 12 PM – Bridges of Hope** | RSVP at [806-676-3540](tel:806-676-3540)

Aims to equip faith-based leaders with training and resources to help address the needs of their community members impacted by mental illness.

**May 11<sup>th</sup> at 10 AM – Mental Health Matters of the Texas Panhandle** | [Register here](#)

Amanda Mathias, Ph.D., will discuss components of the evidence-based Collaborative Care Model, current behavioral health prevalence in the Texas Panhandle, as well as the importance of early identification and intervention of behavioral health needs.

**May 13<sup>th</sup> at 11:30 AM – Mental Health Awareness Event**

Join Texas Panhandle Centers for their community event that includes food trucks, live music, resource booths, giveaways, and more. Representative Four Price will be a special guest, and TPC will debut their new Mobile Wellness Clinic. 1501 S Polk St Campus Parking Lot.

**May 14<sup>th</sup> at 9 AM – 5k Run and Walk\*** | [Register here](#)

In-person event at Borger, TX. Join the 5k run or walk help raise awareness for mental health. All proceeds benefit Hutchinson County Mental Health needs.

**May 18<sup>th</sup> at 12 PM – Panhandle Mental Health Guide Presentation to the Teen Pregnancy Prevention Coalition** | [Join here](#)

Demo presentation of the Panhandle Mental Health Guide via Zoom.

**May 19<sup>th</sup> at 5:30 PM – De-Stress Fest** | [Learn more here](#) (scroll down)

In-person event at Lubbock, TX. Free food, fun, and stress relief activities hosted at Maggie Trejo Park.

**May 21<sup>st</sup> at 8 AM – Tee and Me Golf Scramble\*** | [Register here](#)

In-person event at Borger, TX. Join the fun for a golf tournament that includes breakfast and door prizes. All proceeds benefit Hutchinson County Mental Health needs.

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