

## 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 a free online service directory of mental health and substance use resources in the Texas Panhandle.

Schedule a separate demo via zoom or in-person 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.

### **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.*