

2023 Community Events During May Mental Health Awareness Month

Demo of the Panhandle Mental Health Guide (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 4th at 12 PM – Texas May Series: Talk Save Lives-Latinx | [Register here](#)

A virtual introduction to suicide prevention for Latinx and Hispanic Communities kicks off the series with future talks focusing on Supporting those at risk, Maternal Mental Health and Seniors.

May 7th at 1 PM – Bereaved Mother’s Day Tea | [Register here](#)

In-person event in Dumas, TX. This event is for mothers who have endured the loss of a child to come together and celebrate Mother’s Day by supporting each other and sharing their stories.

May 12th at 11:30 AM – Mental Health Awareness Event | [Register here](#)

Texas Panhandle Centers will host their third Annual Mental Health Awareness Event at 1501 South Polk Street parking lot. Featuring live music, food trucks, resource booths, giveaways and more.

May 19th at 4:30 PM – Thinking Differently: Art and Mental Wellness | [Register here](#)

Hosted by, Panhandle Behavioral Health Alliance (PBHA), all are invited to come experience different forms of artistic expression and learn their link to mental health and wellness. Event located at Sunset Center, 3701 South Plains Blvd.

May 20th at 10 AM – Suicide Griever’s Day Retreat | [Contact for more info](#)

Family Support Services LOSS (Local Outreach for Survivors of Suicide) Team is hosting a 1-Day SOS Grief Retreat with several guest speakers, Trauma-Informed Yoga, a Reflection Walk, and break out groups. This is for healing and connection for those who have experienced a suicide loss at any timeframe. More info and registration to come.

May 26th at 3 PM – Unwind Your Mind* | Contact Monica at [806-342-2536](tel:806-342-2536)

The Prevention Resource Center, Family Support Services of Amarillo, Hub City Outreach Center, and Cenikor are hosting a mental health awareness festival and art show at the Amarillo Zoo. The

first 200 people can get free admission into the Zoo, but the Amarillo Zoo is offering a special rate of \$2 per person after.

May 31st at 8 AM – West Texas Regional Mental Health Conference* | [Register here](#)

In-person event in Lubbock, TX, with virtual and satellite sites across the region. This learning event for providers from across the continuum of care will have three concurrent tracks designed to apply new strategies to the daily practice of medicine to provide optimal patient care to those patients with mental health challenges or mental illness as part of the health care team. CME and CEU credits available.

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