PBHA
Panhandle Behavioral
Health Alliance

Panhandle
Mental**Health**
Guide

2024 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 2nd at 9 AM – Older Adult Mental Health Awareness Day Symposium | Register here
Virtual event. To raise awareness to better address the issues of older adult mental health and substance use disorders and highlight resources, case studies, and initiatives available to practitioners working with adults age 50+.

May 4th 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 10th at 11:30 AM – Mental Health Awareness Event | Register here
Texas Panhandle Centers will host their fourth Annual Mental Health Awareness Event at 6600 Killgore Drive parking lot. Featuring live music, food trucks, resource booths, giveaways and more.

May 18th at 1 PM – Amarillo Turn To Festival
Discover local community organizations, stress-reducing practices, counseling services, and more to promote personal wellness. Featuring family-friendly and hands-on activities, including crafting, gardening, games, meditating and more! Event located at FirstBank Southwest Center on S. Washington St.

Contact PBHA for any other May mental health events/activities to be added in the list.

Visit the PBHA website for an updated list.
*Fee associated with the event/activity.

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