



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 14th at 1 PM – Stop the Silence Mental Health Symposium | Register here or Read the Flyer

Free event for senior adults and the public, with CEUs available. The symposium will cover topics on grief and bereavement, non-medical modalities, crisis intervention, and mental illness vs. dementia, and have a keynote presentation speaker by Dr. Regina Koepp. The symposium will be held at The Commons at Central Park.

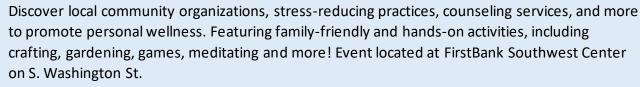
May 14th at 6:30 PM – Survivors of Suicide Loss Support Group

In-person event at Dumas, TX. Hosted by Local Outreach to Suicide Survivors (LOSS Team) on the second Tuesday of every month at Moore County Annex, 310 E 1st Street, Room 100. The meetings are free, open, and ongoing. For 17 years old and older, and no childcare provided.





May 18th at 1 PM – Amarillo Turn To Festival



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