

## 2024 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 2<sup>nd</sup> 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 4<sup>th</sup> 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 10<sup>th</sup> 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 14<sup>th</sup> 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 14<sup>th</sup> 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 18<sup>th</sup> 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.*