

## 2025 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 evidence-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 3<sup>rd</sup> at 10:00 AM – Hereford ISD SHAC Family and Community Fair**

To get involved, please submit info here: <https://forms.gle/vcR9v8kTpmtVNTpU7>

### **May 8<sup>th</sup> at 9:30 AM – United States Tennis Association Texas Veteran’s Event**

### **May 8<sup>th</sup> at 1:30 PM – PBHA Justice Forum** | Register using this [link](#)

This event brings together stakeholders from the justice, behavioral health, and community sectors to reconnect, realign, and reimagine what’s possible for justice-involved individuals in our region.

### **May 9<sup>th</sup> at 11:30 AM – Texas Panhandle Centers (TPC) Mental Health Awareness Event**

Texas Panhandle Centers will host their fifth Annual Mental Health Awareness Event at 6600 Killgore Drive parking lot. Featuring live music, food trucks, resource booths, T-shirt sales, giveaways and more.

### **May 10<sup>th</sup> at 7:00 AM – Hope and Healing Half Marathon\*** | Register [here](#)

The Hope & Healing Half Marathon and Relay helps provide free grief support for kids, families, and individuals who are struggling with loss.

### **May 13<sup>th</sup> at 12:00 PM – Park Central “The ME in Mental Health” Symposium** | [Register here](#)

This year’s symposium is all about prioritizing self-care, movement, and learning strategies to support your well-being, with CEUs available.

### **May 15<sup>th</sup> or 16<sup>th</sup> at 8:30 AM – Baptist Community Services Spiritual First Aid\*** | [Register here](#)

Held at Park Central, the Spiritual First Aid Basics Training is a one-day event that teaches frontline peer-to-peer spiritual and emotional care and trauma-informed best practices.

**May 17<sup>th</sup> at 8:30 AM – LOSS Team Summit** | [Register here](#)

A day of support and education for communities navigating the spiritual, emotional and physical wounds of suicide loss

**May 25<sup>th</sup> – 988 Billboard Campaign begins**

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