

**IT'S
TIME** 

Mental Illness Affects Everyone



NAMI Austin

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We're Ready to "Go Green!"

NAMI Austin is joining affiliates across the United States in shining the light on mental health with an array of activities and events, many with a focus on storytelling through written and spoken word. Mark your calendars for these events and keep an eye Facebook, Twitter and our website as we finalize our plans. Go green because **#MentalHealthMatters!**

Friday, May 1

Silver Linings: How Families Navigate the Trauma of Mental Health Disorders

9:00 a.m.-12:00 noon \$25-60/person (CEUs available)

Austin Travis County Integral Care (ATCIC) Training Room at 1700 S. Lamar

Registration through YWCA is required.

Families that love and care for someone with a mental illness often face the trauma and challenge of their situation with very little support. They experience dark days of isolation, and the fear of not knowing what to expect and how to respond. Where and how do families find the "silver linings" as they face these challenges? Families share their stories of trauma and healing with social service professionals.

Saturday, May 2

Stand Up & Soar for Children's Mental Health

11 a.m. FREE

State Capitol Featuring Senator Charles Schwertner and Jay Styles of Mix 94.7

Help us recognize Children's Mental Health Awareness Week by joining us for this event co-sponsored by Texas System of Care and Austin Travis County Integral Care. Participants are encouraged to wear green shoes or ribbons. NAMI Austin will provide information on our children/youth programming and resources for families.

Saturday, May 2

"The Living Room Story Time for Grown Ups"

7:30-9:30 p.m. \$15

Scottish Rite Temple, 207 W. 18th St

Storytelling is one of the most effective ways to change minds and hearts. Local artist, writer, director and professor Amparo Garcia-Crow is the host of The Living Room, a monthly event featuring themed storytelling. You won't want to miss this evening of hearing people's heartfelt journeys with mental illness.

Thursday, May 7

Jessie Close, "Resilience: The Story of Two Sisters and A Story of Mental Illness"

7:00 p.m. FREE

Book Signing and Speaking at Book People, 603 N. Lamar Blvd

This memoir by actress Glenn Close's sister reveals the amazing, sometimes funny and often painful journey of living with mental illness, its impact on her life and her family's life and how acceptance has led to her successful road to recovery. Jessie and Glenn Close are well known for their work with Bring Change 2 Mind which Glenn founded to support her sister, Jessie. They are both advocates and supporters of NAMI's work and mission.

Wednesday, May 13

Nerd Nite with Dr. Daniel Morehead

“Shrinking Heads and Expanding Minds: A Psychiatrist Wonders About Mental Illness”

7:30 p.m. FREE

North Door, 502 Brushy St.

Nerd Nite features three guest speakers who each give 20-minute presentations on a topic of which they have in-depth knowledge. Dr. Dan Morehead, MD, is a NAMI Austin supporter and this month’s Nerd Nite headliner with his nerdy look at mental illness. Join us for this interesting look at the surprisingly solid science behind mental illness, the myths that surround the science and the ways that illnesses of the brain compare to traditional medical diseases.

Sunday, May 17

10th Anniversary Screening: “The Devil and Daniel Johnston”

with The Austin Film Society

2:00 p.m. \$10/person

Marchesa Hall and Theatre, 6406 N I H 35 #3100

We’re partnering with the Austin Film Society to bring you this well-known 2005 documentary film about the noted Austin musician and artist, Daniel Johnston, in celebration of the film’s 10th anniversary. The film chronicles Johnston's life from childhood with an emphasis on his experiences with bipolar disorder. Panel discussion and Q&A immediately following the film.

Tuesday, May 26

Community Meeting with Mental Health Channel

7:00-9:00 p.m. FREE

Marchesa Hall and Theatre, 6406 N I H 35 # 3100

We’re taking our monthly Community Meeting on the road in May to highlight the work of the Mental Health Channel, new commercial-free online network of original short documentaries created to change the conversation on mental health. All episodes are free to view and share. The Mental Health Channel is highlighting inspiring stories across the country including some of our NAMI Austin members’ stories. We’ll be watching a handful of their short documentaries, host a panel afterward with Q&A and announce our annual community award winners.

Saturday, May 30

Go Green Picnic

Hosted by NAMI Austin with *SIMS Foundation, Communities for Recovery, PLAN of Central Texas, Austin Travis County Integral Care (ATCIC), New Milestones Foundation and Austin Clubhouse*

Featuring a Mental Health “Wishing Tree” and Live Music

Rob and the Nasty Beat ~ Arielle Nicole

11:30 a.m.-1:30 p.m.

Austin State Hospital, 4110 Guadalupe St.

We’re celebrating the importance of mental health with music, food and friends. Join us for a mid-day picnic with the staff, volunteers and supporters of some of Austin’s best mental health organizations. It will be a great day of celebrating and sharing our dreams and wishes for better mental health in Austin!

- **Wear something green.**
- **Pack your own picnic lunch and drinks. We’ll provide water and desserts.**
- **Bring your own lawn chairs (or blankets) and sunblock.**

For more information:

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