AJSTIN BUSINESS GROUP ON HEALTH

Welcome! The meeting will begin shortly.

If you are joining virtually, please put your name in the chat box!





Social Connectedness & Mental Health for a Happy and Healthy Team!



Announcements

- Thanks for joining us today! We're HYBRID
- Virtual participants, please remain muted during the presentation
- Questions will be answered at the end of the presentation

Moderators for today's meeting include:



Susan Thompson ABGOH Co-Chair



Leila Lawson ABGOH Co-Chair



Premier Martial Arts Ways to Partner

Self-Defense Corporate Seminars **Discounts**

In-House

At PMA

Employees

Family Members

info@pma-centraltx.com

Sponsorships

Scholarships

Internships



Applications are OPEN for Mayors Health and Well-Being Council Partner Certification!

- We have a new name!
- Mayors Health and Well Being Council Partner
 Certification
- Mayor's Healthiest Workplace Awards





Topics Covered

- Announcements & Introductions
- Speakers:
 - NAMI
 - Foundation Communities
- Questions & Answers
- Resource Spotlight
- Closing Remarks





Please join us in welcoming our panelists



Anna Bunker

Director of Programs NAMI Central Texas



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Director of Health In it ia t ive s Found at ion Communities

Rita Ortega-Wiley

(C) nam

National Alliance on Mental Illness

Central Texas

What is NAMI?

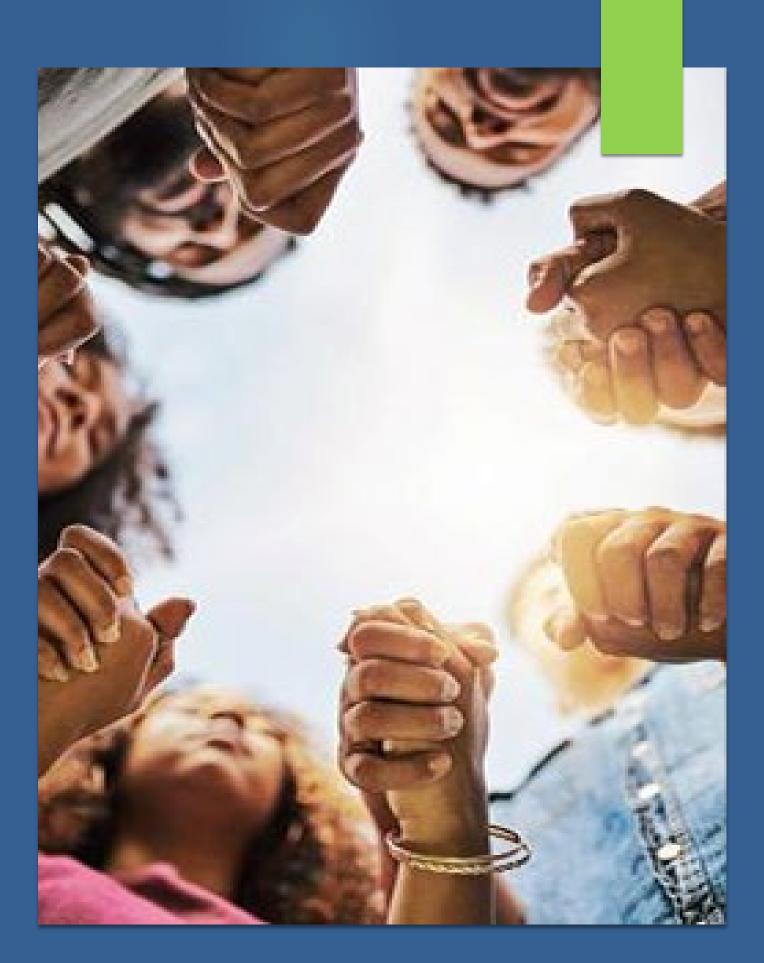
Mission & Vision

Mission:

Improving lives of ALL individuals affected by mental illness through education and advocacy programs

Vision:

We envision a community that addresses mental illness as a health issue and provides systems, resources and education for all people to achieve recovery







Central Texas

NAMI Central Texas

Travis, Williamson, Hays, Bastrop, Burnet, Caldwell

Peer & Family Support Groups

Mental Health Education

M Central Texas



Adult Support

NAMI Connection
 Recovery Support
 Group

NAMI Peer to Peer Class





Family Support

Family Support Group

Family to Family

NAMI Basics

Family & Friends



Central Texas



Community Presentations In Our Own Voice Mental Health 101 Mental Health Myths Sharing Hope Bridges to Hope Workplace Schools





Presentations For Schools

Ending The Silence (for middle & high school students)

Let's Talk (for parents)

Parents and Teachers as Allies: (for teachers)

Central Texas





Community Talks for Healthy Minds

Mental Health Crisis Resources

In an emergency, immediately call 911.

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Crisis Intervention Teams oca

Travis: 512-854-3430 Austin: 512-854-3450 Bastrop: 512- 549-5100 Burnet: 512-756-8080 Hays: 877-466-0660 San Marcos: 512-392-7151 Williamson: 512-943-3545

24/7 Crisis Hotline

Travis: 512-472-HELP (4357) Central Texas: 1-800-841-1255 Hays: 1-877-466-0660

National Suicide **Prevention Lifeline** 1-800-273-8255

Text Line & Online Chat - Text Text NAMI to 741-741

- Chat Visit imalive.com

NAMI HelpLine

1-800-950-NAMI (6264), M-F, 9 am-5 pm, CST.

For additional resources Visit namicentraltx.org



Mind Matters R Crisis Services



2023 Annual Impact Report





National Alliance on Mental Illness - Central Texas | P.O. Box 302398, Austin, TX 78703 | info@namicentraltx.org | 512.420.9810 | namicentraltx.org

@NAMI Central Texas

EXAMPLE 1 Central Texas National Alliance on Mental Illness



(512) 420-9810





https://namicentraltx.org



info@namicentraltx.org

@NAMICentralTX





HEALTH INITIATIVES

BUILDING A STRONGER WORKPLACE

Fostering Social Connections and Mental Wellness

Social Connections

Staff Led Affinity groups

Media Clubs

Service Projects





Social Connections

Dip Parties

Puzzle Time

Scavenger Hunts

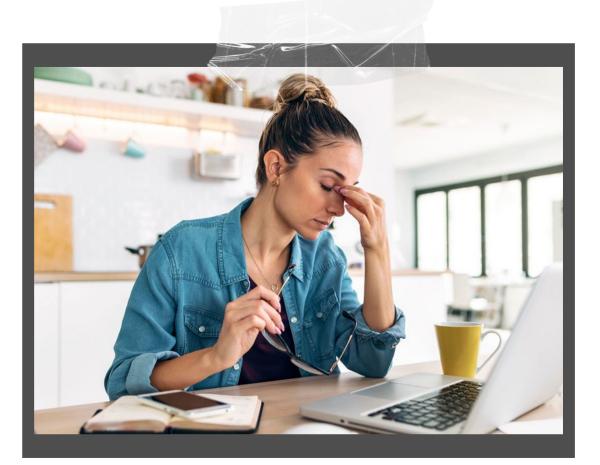




Mental Wellness

Mindfulness Moments

Mental Health awareness events - webinars

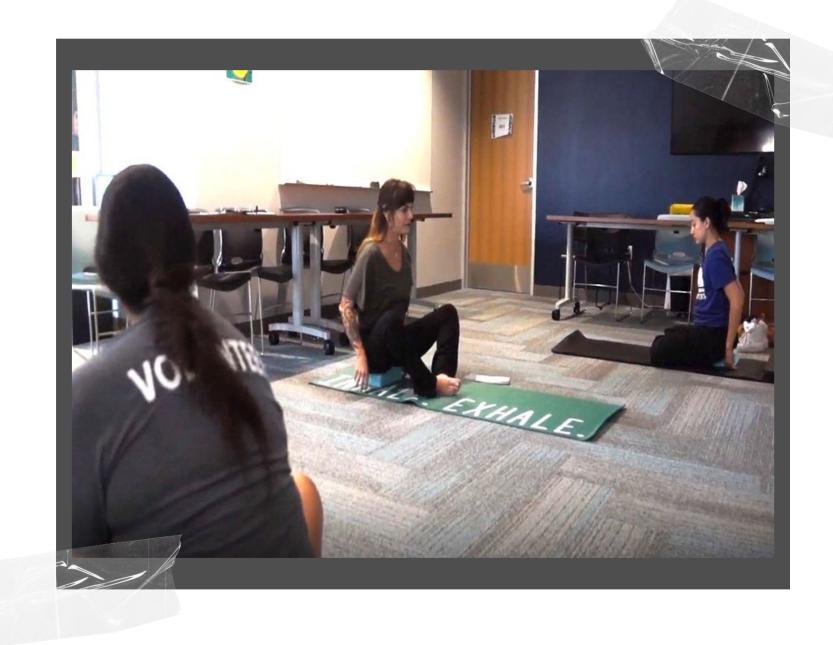




Mind-Body Connection

On-Site Yoga

Fitness Classes





Thank you!

Rita Ortega-Wiley Director of Health Initiatives margarita.ortega@foundcom.org

Bianca Enriquez Senior Program Manager bianca.enriquez@foundcom.org



Questions & Answers

 Use the chat box to share what you learned in the breakout session or to send your questions to our panelists.

• A moderator will read questions as they are submitted.



Resource Spotlight



Mental Health Journey - NAMI



Foundation Communities

Closing Announcements Thank you to our speakers — Anna Bunker &

- Rita Ortega Wiley
- Today's presentation will be posted to the MHWC website.
- Session evaluation in the chat box & on next slide.
- Don't forget to submit a 2024 Employer Commitment Form – link to online form can be found in the chat box & on next slide.

See you at our next meeting on Thursday August 1st, 2024

Closing Announcements



See you at our next meeting on August 1st, 2024!



2024 Employer **Commitment Form**