



National Alliance on Mental Illness

# NAMI San Antonio

## *News & Need to Knows*

*Come One... Come All!*

### **February General Meeting** "Mental Health Services in a Virtual World"

*Presented by:*

*Dr. Rene Olvera, Chief Medical Officer*



**THE CENTER**  
**FOR HEALTH CARE SERVICES**  
*Mental Health & Substance Abuse Solutions*

*Get an understanding of mental and wellness care provided by CHCS and learn what services are offered while maintaining COVID safety practices.*

**Tuesday the 9th**  
**11:30 am - 1:00 pm**

**This no cost monthly meeting is available online via [zoom](#)**  
*(click link above)*

**Meeting ID: 838 4798 3367**

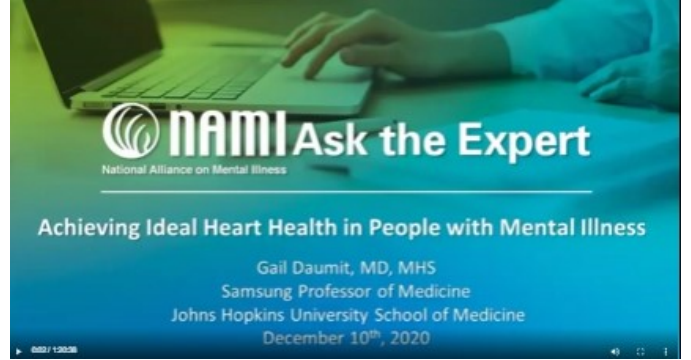
Dial by your location: (346) 248-7799  
One tap mobile: 3462487799,,83847983367



*Click image to see a list of our '21 Support Groups!*

**NAMI in the NEWS...**

**Achieving Ideal Heart Health  
in People with Mental Illness**



[Watch Virtual Town Hall](#)

*Know anybody who can help?*

*Clinical Research:*  
***Schizophrenia and Related  
Psychosis Conditions***

[NAMI Seeks Survey Participants](#)



**FEBRUARY IS...**  
*American Heart Month*

**Fun Heart Facts**

- The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
- A woman's heart beats slightly faster than a man's heart.
- The American pygmy shrew is the smallest mammal, but it has the fastest heartbeat at 1,200 beats per minute.
- Your heart pumps about 2,000 gallons of blood every day.
- Laughing is good for your heart. It reduces stress and gives a boost to your immune system.



**NAMI MEMBERS, GET INVOLVED!**

**WANT YOUR VOICE TO BE HEARD?** During the 87th Legislature, NAMI Texas will be hosting a series of VIRTUAL legislative outreach opportunities for policy advocates - that means YOU!

On each NAMI Texas Day of Action, participants will have the opportunity to meet with

legislators and/or their staff to share stories about mental illness and recovery, concerns about the state of mental health care in Texas, and potential policy solutions. We believe this kind of legislative outreach is critical in mental health policy advocacy.

**Advance registration required - Please take note of these important deadlines!**

## FEBRUARY

**DAY OF ACTION #2: Friday, 02/26 between 10am and 3pm**

**Registration closes Thursday, 02/11 at 5pm - click here to get signed up!**

*Pre-Event Brief Meeting: Monday, 02/22 at 7pm*

## MARCH

**DAY OF ACTION #3: Friday, 03/26 between 10am and 3pm**

*Registration opens Saturday, 02/27 at 8am and closes Thursday, 03/11 at 5pm*

*Pre-Event Brief Meeting: Monday, 03/22 at 7pm*

## APRIL

**CAPITAL DAY RALLY (virtual): Friday, 04/30 at 11am \***

**FINAL DAY OF ACTION #4: Friday, 04/30 between 12pm and 4pm**

*Registration opens Saturday, 04/03 at 8am and closes Thursday, 04/15 at 5pm*

*Pre-Event Brief: Monday, 04/26 at 7pm*

### **\* IMPORTANT \***

*Individuals living with mental illness and their family members will be given an opportunity to share their stories and advocate for policies that address gaps in the mental health care continuum.*

*State legislators will also be given an opportunity to share how their experience working in mental health policy has shaped their legislative priorities. Registration and presenter information will be posted as available.*

***If you have not done so already, please consider***

[Making a Donation](#)

[NAMI Membership](#)

