



## SAMARITAN CENTER



Change Lives



IT'S OKAY TO  
NOT BE OKAY.  
LET'S TALK.

### 1 in 5

During this month, [Samaritan Center](#) wants to remind everyone that mental illnesses are real, and recovery is possible. According to [NAMI](#), 1 out of every 5 adults in the United States experience a mental health condition in any given year. Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time.

It's important to remember that working on your mental health and [finding tools](#) that help you thrive takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis.

#### 5 Ways to Celebrate May is Mental Health Awareness Month:

- Talk about #mentalhealth with friends, family, and co-workers to erase the stigma
- Wear green, the color of mental health awareness
- Make time for your own mental health by focusing on self-care and [reaching out for help if you need it](#)
- Start a fundraiser at work, on [Facebook](#), or [Instagram](#) to raise money for Samaritan Center
- Support affordable and free mental health services [by donating to Samaritan Center](#)

## Ethics in Business Awards on June 3

### People Over Profits

You are invited to join us, along with the Austin business and philanthropy community, for an uplifting and positive focus on some of Austin's best.

The purpose of **RecognizeGood**'s Ethics in Business program is to illuminate those businesses, individuals and nonprofits who believe that doing GOOD is good business.



### **2021 Ethics in Business Awards**

Thursday, June 3rd  
11:00AM-12:00PM

This year is a virtual event and tickets are free.

RSVP

## **\*NEW\* Veterans Helping Veterans Group**



### **Building Community Wellness and Resilience**

This group provides an additional layer of support during these awkward and unusual times. In addition to that, it provides the opportunity for us to build community as Veterans with men and women who are in different areas of the state and nation.

**Veterans Helping Veterans** will be using the Dimensions of Wellness as topics of discussion so that we can either improve ourselves or help one another improve in those areas of life. For the purposes of this group, the Dimensions of Wellness are as follows: Environment, Physical, Social, Emotional, Intellectual, Vocation, financial, and Spiritual.

**WHEN:** Mondays, 6:00 PM via Zoom

**COST:** FREE with proof of military service

**CO-FACILITATORS:** Manny Gonzalez and Blake Holbrook are Veterans and Certified

[Learn more](#)

## Thank You April Donors



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### Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

### Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages,

whole families and the military community.

**Samaritan Center | (512) 451-7337 | [samaritan-center.org](https://samaritan-center.org) | [Donate Now](#) | [Join Our List](#)**