



SAMARITAN CENTER



Change Lives

Mental Health Action Day is Thursday



Take Action

Thursday is Mental Health Action Day! This is the day to take action on your own mental health, as well as supporting those you love. From taking a yoga or tai Chi class to reaching out to a friend, taking action on mental health can be easy. If you don't know where to start, check out MentalHealthisHealth.us, a new resource designed to help those just getting started on their mental health journey.



Join us in spreading the word using **#MentalHealthAction** and **#theSamCen** and help us move from a culture of awareness to action. Whether you take that first action for yourself, for your loved ones, or for your community - together we can move the needle on our collective wellbeing.

Why Donate for #MentalHealthAction?

We Want to Grow Our Team

The last 14 months have been challenging, to say the least. We are proud to have been a continuous resource in our community. **Thanks to our amazing staff we quickly transitioned to 100% telehealth without having to close for a single day.** Our program staff have provided uninterrupted mental health counseling and wellness services from the beginning of the pandemic. Since then, the mental health needs have only grown. More adults, children, families, and veterans are stressed out and calling us for help.



We currently have **60 individuals on our waiting list** seeking counseling. **Our goal in 2021 is to add 1-2 therapists** to better meet the needs.

We rely on community support to provide affordable and free mental health care. **Will you donate today?** Please consider a **one-time donation** or **monthly recurring donation for ongoing support.**

Take **#MentalHealthAction.**

Donate

Mental Health Resources

Suicide Prevention Lifeline

Call: 1-800-273-8255

Text: TX to 741741

Chat:

SuicidePreventionLifeline.org

Veterans Crisis Line

Call: 1-800-273-8255, Press 1

Text: 838255

Chat:

VeteransCrisisLine.net

It's okay to ask for help



Texas Youth Helpline

Call/text: 1-800-989-6884

Chat: TexasYouth.org

COVID-19 Mental Health Support Line

Call: 1-833-986-1919

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.

Veterans Helping Veterans Group



SAMARITAN CENTER
The Path to Wellness

VETERANS HELPING VETERANS
MONDAYS 6:00 PM

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 Peer Mental Health Specialists

REGISTER: Call 512-451-7337, option 4 or email Manny@Samaritan-Center.org

[Learn more](#)



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.

