

From: **NAMI Massachusetts** info@namimass.org
Subject: News You Can Use
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To: pbois56@gmail.com

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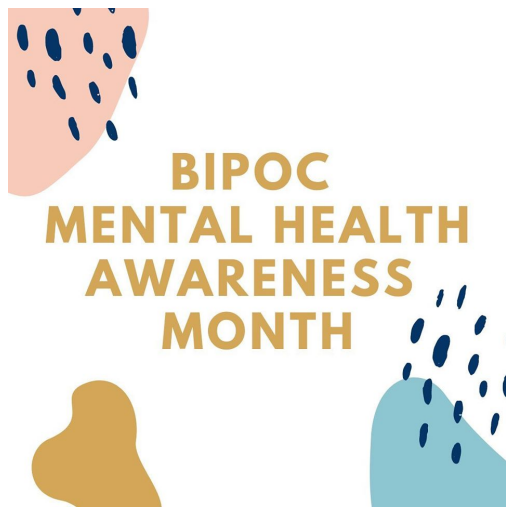
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News You Can Use

from NAMI Massachusetts

July 14, 2020

NAMI Mass celebrates BIPOC Mental Health Month!



[Find mental health resources for BIPOC](#)

[Find resources for allies](#)

[Read our statement on racial equality.](#)

[image from EHT Generation Ratify](#)

Treatment in the Emergency Department Survey
(closes Friday, July 17th!)

In the past four years:

- Have you gone to an emergency department due to your mental health symptoms or a substance use crisis?
- Are you a peer specialist or recovery coach and have

accompanied someone you support to the ED?

- Have you gone with a friend or family member to the ED because they were experiencing mental health or substance use issues?
- Are you the parent or guardian of someone under 18 who has been taken to the ED due to a behavioral health or substance use crisis?
- Do you have a psychiatric diagnosis or substance use history and feel that you were treated poorly when you went to the ED for an unrelated medical issue?
- Were you taken to the ED as a minor because you were having a mental health or substance use crisis?

If you answered yes to any of these questions then we need your help!

NAMI Mass is developing a training for emergency department staff to help improve the ways they respond to people in mental health and/or substance use crises. Please complete our brief survey below to share your experience. Your input will help inform the curriculum we are developing for this program.

[Take the survey here!](#)



Coping with COVID-19 Stress in Children and Families of Color-
Virtual Town Hall

Hosted by the Department of Mental Health and the BarberTime Media Network

A banner for a virtual town hall. At the top, it says "Virtual Town Hall: Coping with COVID-19 Stress in Children and Families of Color". Below this, there are logos for "Mass DMH Department of Mental Health" and "BarberTime". A registration link is provided: "Register at: https://dmh_townhall.eventbrite.com". The date and time are "Monday, July 20, 2020 1:00 PM". A section titled "Featured Panelists" shows a large circular portrait of Julia Mejia, identified as "Host and Moderator Boston City Councilor At-Large". Below her are five smaller circular portraits of other panelists.

Monday, July 20, 2020
1:00 PM (online)

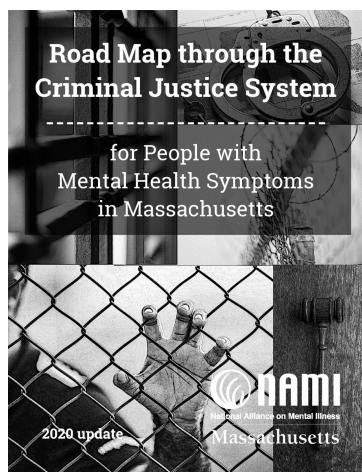
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Massachusetts Department of Mental Health and The BarberTime Media Network present a virtual town hall event “Coping with COVID-19 Stress in Children and Families of Color” in response to the devastating effects of COVID-19 in communities of color throughout Massachusetts. Boston City Councilor At-Large, Julia Mejia will lead a panel discussion consisting of mental health experts and community barbers and stylists who will discuss coping strategies and resources available for children and families of color.

[More info here!](#)

Updated: Road Map through the Criminal Justice System



A guide for people dealing with mental health symptoms, their families, and other supporters.

Far too often mental health symptoms are interpreted as criminal behavior. The Roadmap explains the essentials of the criminal justice system, to help you find a way out or to treatment within. Updated in June 2020. [Read it here!](#)

Looking for Resources?

Visit our COVID-19 Resource Page to find peer and family support options, information about mental health treatment and medication, resources for food, housing, and other basic needs, state and federal guidance, and more. [Check it out here!](#)



Looking for more resources or support? Have questions about mental health treatment? Contact our COMPASS Helpline! [Learn more about](#)

[COMPASS!](#)

Happening in your Community

**National Disability Voter
Registration Week is July 13 -
17!**

[Register to vote here!](#)

**Supporting the Mental Health
of BIPOC Students**

Thursday, July 23 at 3:00 PM
(online)

[Register here!](#)

**Mark your calendars for the
virtual ADA 30th Anniversary
Rally!**

Wednesday, July 22, 2020
1:00 PM-2:30 PM (online)

[More info here!](#)

**Amplifying Voices of Future
Leaders: Supporting the
Mental Health of Students
Speaking Up Against Racial
Injustice**

Tuesday, July 28, 2020
3:00 PM (online)

[Register here!](#)

**Ready, Set, Pivot: How to Prepare Your Kids (and Yourself) for an
Unfamiliar School Year**

Thursday, July 30, 2020
1:00 PM (online)

[Learn more and register here!](#)

NAMI Massachusetts
www.namimass.org



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