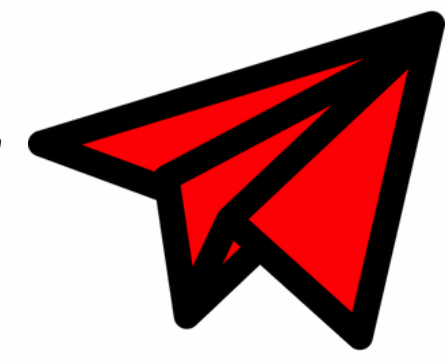


Mindful Messenger



Department of Psychiatry in the Permian Basin

Monthly Quote

*June is about sun-kissed mornings and starlit evenings,
about cherishing the present and dreaming of tomorrow.*

Mental Health Awareness Dates



Month

LGBTQ Pride Month

Men's Health Month

PTSD Awareness Month

Alzheimer's and Brain Awareness Month

Tourette Awareness Month

Week

National Men's Health Week (Jun. 9-15)

Day

Action Anxiety Day (Jun. 10)

Alzheimer's and Brain Awareness Day (Jun. 21)

International Day of Yoga (Jun. 21)

International Day Against Drug Abuse and
Trafficking (Jun. 26)

PTSD Awareness Day (Jun. 27)

Joyful June

Boost your happiness and sense of wellbeing with our fun activities for June!

Quick, fun and fulfilling activities that only take 5-10 minutes every day to make you feel good!

Joyful June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good
8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you
15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement
22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people
29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)					

ACTION FOR HAPPINESS

Happier · Kinder · Together



Picture of June

Residency Program and Fellowship Program Graduation and Award Ceremony are held on June 3rd.
Congratulations! Wishing you all a big future!



Department News



Annual Alzheimer's Association Conference in Permian Basin

Our faculty member Susie Marquez gave a presentation on replicating grief skills for caregivers at the annual Alzheimer's Association Conference held at Midland Horseshoe Arena on June 7. Our employees participated in their health resource fair, offering attendees free resources and consultation. Mental Health Matters!



Years of Service Recognition and Team Picnic

Admin and clinic staff attended Years of Service Recognition and Team Picnic at Odessa Campus on June 11th. Tamisha and Deb have 10 Years of Service. Chang has 5 Years of Service. Congratulations! You all are valuable team members of the Psych Department family!



American Association of Professional Coders (AAPC) Permian Basin Chapter Meeting

Dr. Vodala was invited to present “Personal Growth and Compassion Fatigue” to AAPC Permian Basin Chapter on May 31st at at Parks Legado Town Center in Odessa. Mental Health Matters!



Welcome

Dr. Martin Ortega

Interim Regional Chairman
Department of Psychiatry

Vote For Rebecca

**CAST YOUR
VOTE
TODAY!**



Vote now for who will represent
YOU as a senator in FY 2026!

Voting ends June 27th @ 5:00 PM

Rebecca Torres



Fill out the survey **HERE**
or scan the QR code.



Clinical Operation/Updates

QR CODE FOR OUR CLINIC WEBSITE

If you want to know more about our services, get paperwork online or give some suggestions to enhance your clinic experience, please scan our QR code which will link you to our website.



A friendly reminder: establish a process for entering notes within 24 hours (or same day) and don't forget to enter the charge as well. Another suggestion is to glance that you're documenting on the correct FIN.



New Business Hours

Our business hours will shift to Monday through Friday from 8 a.m. to 5 p.m. as of July 1. (closed for lunch from 12 to 1 pm). This adjustment has been made after careful consideration and is designed to better align with the needs of our patients. The new hours will allow us to better serve our patients during demand times, ensuring faster response and more personalized support.

RESIDENT/FELLOW UPDATES

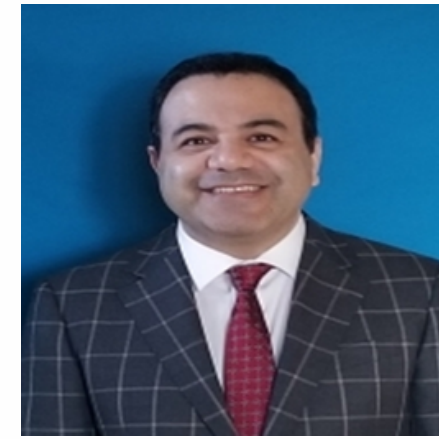
MEET NEW RESIDENTS AND FELLOWS 2025 - 2026



**Sahar Ashraf, MD
PGY-1**



**Obina Chukwuma, MD
PGY-1**



**Alireza Mirghiasi, MD
PGY-1**



**Aneesha Haryal, MD
PGY-1**



**Ekene Ezeokoli, MD
PGY-1**



**Sampada Badgaiyan,
MD, PGY-1**



**Skylar Stone, MD
Child & Adolescent
Psychiatry Fellow**



**Thu Tran, MD
Child & Adolescent
Psychiatry Fellow**

RESIDENT/FELLOW UPDATES



June Duty Roster PGY – 1

Dr. Silvi - OCEANS - M

Dr. Evans - PEDS

Dr. Junell - NEURO KADIR

Dr. Nair - BSSH

June Duty Roster PGY – 2

Dr. Saad – OP

Dr. Shayeb – CL

Dr. Mian – VA

Dr. Pham – OP

Dr. Vodala – CL

Dr. Karmegam – OP

Dr. Perugula – OCEANS - M

June Duty Roster PGY – 3/PGY – 4/Fellow

OUT PT

Dr. Yadav - OCEANS - M

BOX Spreadsheet for CL Billings

Box spreadsheet is used for submitting CL billings. Billings will be sent to the billing office every Thursday. Please add your billings to the spreadsheet on time.

When you're on CL weekend call, billing should be added to spreadsheet.



RESIDENT/FELLOW UPDATES

YOU ARE INVITED TO

New Resident Welcome Reception

Join us for an afternoon of warm celebration to welcome our new Residents and Fellows to the Permian Basin!

TUESDAY

JUNE
24

04:15 PM -
05:30 PM

TTUHSC Academic Classroom Bldg.
801 W 4th St, Odessa, TX 79763

Special Announcement

HAPPY

Birthday

June 8th Dr. Ezeokoli

June 11th Tamisha

June 20th Dr. Nair

June 21st Dr. Vodala

June 23rd Dr. Jain

June 26th Dr. Setty

June 29th Dr. S. Badgaiyan

Community Education



Topic: Decluttering Your Life: How Cleanliness and Mental Health are Connected

Clutter negatively affects mental health—when it takes over, well-being declines. The cleanliness of our living spaces is vital for our well-being as it can significantly improve mental health. Cleaning can be therapeutic, providing a substantial way to create a calming environment that enhances mental clarity, reduces stress, and supports overall mental wellness. Please join Dr. Silvi, PGY-1, as we discuss how hygiene can improve your mental health.

Where: ZOOM
When: Monday, June 23rd 12pm – 1pm (CST)

Zoom Link: <https://ttuhsc.zoom.us/j/3356882490>
Meeting ID: 335-688-2490



<i>Neurodevelopmental Disorder and Bipolar Disorder</i>		
5/6	Autism Spectrum Disorder	Dr. Sarker
5/13	Attention-Deficit/Hyperactivity Disorder (ADHD)	Dr. Yadav
5/20	Bipolar I Disorder	Dr. Karmegam
5/27	Bipolar II Disorder	Dr. Junell
<i>June: Trauma- and Stressor-Related Disorders</i>	<i>Suggested Topic</i>	<i>Speaker</i>
6/17	Posttrauma Stress Disorder (PTSD)	Dr. Mian
6/24	Acute Stress Disorder	Dr. Vodala



Texas Tech Physicians
of the PERMIAN BASIN
BEHAVIORAL HEALTH AND PSYCHIATRY

MENTAL MUNCHIES &

You Asked For It



7/18 (Fri) Burnout Prevention: Mental Health in the Workplace Dr. Pham

7/28 (Mon) How Psychiatric Medications Work (And What They Don't Do) Dr. Junell

8/11 (Mon) Children's Mental Health: What Every Parent Should Know Dr. Sarker

8/29 (Fri) Mental Health and Students: Managing academic stress and performance anxiety
Dr. Adnan

9/12 (Fri) Trauma and Healing: Understanding PTSD and complex trauma Dr. Shayeb

9/22 (Mon) Suicide Prevention: What Everyone Should Know Dr. Karmegan

10/6 (Mon) Stress and the Brain: A Psychiatric Perspective Dr. Evans

10/24 (Fri) Parenting and Mental Health: Caring for You While Raising Others Dr. Perugula

11/3 (Mon) New Frontiers in Psychiatry: Ketamine, TMS, and Psychedelic Therapies Dr. Vodala

11/14 (Fri) Mental Health Emergency: Crisis Intervention Tools and Techniques Dr. Silvi

12/5 (Fri) Understanding Emotions and How They Affect Mental Health Dr. Mian

12/15 (Mon) Love, Loss, and Loneliness: How Relationships Affect Mental Health Dr. Saad



RSVP NOW



- pbpsychadmin@ttuhsc.edu
- 432-620-1160

MON or FRI
12PM-1PM (CT)
via Zoom and Facebook Livestream
<https://ttuhsc.zoom.us/j/3356882490>



Healthy Menu

Vegetarian Fajitas

Everyone loves this easy vegetarian fajitas recipe! This Tex Mex dinner is full of big flavor and beautiful colorful veggies. As two cookbook authors, fajitas is something we know will always please a crowd, whether it's with tortillas or as fajita salad.

Ingredients

3 bell peppers (red, yellow, green)
1 medium red onion
2 portobello mushrooms
4 tablespoons oil, divided
1 3/4 teaspoons kosher salt, divided
3 cloves smashed garlic
2 teaspoons cumin
1 each teaspoon chili powder, garlic powder, and smoked paprika
1/4 teaspoon black pepper
2 15-ounce cans pinto beans
1 recipe Homemade Fajita Sauce*
Small tortillas
For the toppings: Sour cream, pico de gallo, fresh cilantro, guacamole (optional), shredded cheese (optional)

Instructions

1. Broil the veggies: Preheat a broiler. Thinly slice the bell peppers and thinly slice the onion. Remove the stems and slice the portobello mushrooms. Place them in a bowl and toss with 2 tablespoons oil and 1 teaspoon kosher salt. Spread the veggies on a parchment lined sheet pan. Place in the broiler and broil 8 to 10 minutes, stirring halfway through, until softened and blackened on some edges. Then go right to Step 3.
2. Cook the beans: Meanwhile in a skillet, whisk together the ingredients for the Homemade Fajita Sauce. Drain and rinse the pinto beans and add them to the skillet. Heat over medium heat and cook until warmed through and the sauce is thickened, about 6 to 8 minutes. Taste and stir in another 1/4 teaspoon kosher salt.
3. Saute the veggies: Once the veggies are done in the broiler, finish them on the stove by heating the remaining 2 tablespoons oil in a cast iron skillet or large non-stick skillet over medium high heat. Add the broiled veggies, smashed garlic cloves, cumin, chili powder, garlic powder, smoked paprika, and the remaining 1/2 teaspoon kosher salt. Cook for 5 minutes, stirring occasionally, until the veggies are tender. Remove and discard the garlic cloves before serving.
4. Warm the tortillas: Warm and char the tortillas by placing them on an open gas flame on medium for a few seconds per side, flipping with tongs, until they are slightly blackened and warm. (See How to Warm Tortillas.)
5. Serve: Place bowls of fajita veggies and pinto beans on the table, with tortillas, sour cream, pico de gallo, guacamole, and fresh cilantro. Let each person add their desired toppings and serve. Leftovers store refrigerated for up to 3 days.

Community Resource

NEW SUPPORT GROUPS AND CLASS

**FOR MORE INFORMATION OR REGISTER
PLEASE REACH OUT PBPSYCHADMIN@TTUHSC.EDU**

The image displays three promotional posters for community resources offered by Texas Tech Physicians of the Permian Basin Behavioral Health and Psychiatry.

- MOMS MATTER: POST PARTUM SUPPORT GROUP**
Are you a new mom? Are you looking for a safe place to share your experiences, learn from others and feel supported through your motherhood journey? Come join a group where you can lean on others as you navigate this life change.
Let us hold you while you hold your little one.
Tuesdays | 10am-11am
Virtual Zoom Meeting
8-week group
Starting May 9th
For more information or to register:
Pbpsychadmin@ttuhsc.edu
Texas Tech Physicians. PSYCHIATRY
- Chronic Illness Support Group**
Have you been diagnosed or suffer from a chronic illness like Lupus, Arthritis, Fibromyalgia, Crohns Disease? Are you looking for a safe place to share experiences, learn from each other and grow your support system? Come join a support group where you can lean on each other for support.
THURSDAY EVENING
6PM-7PM
IN PERSON GROUP
2301 W. MICHIGAN AVE
MIDLAND, TX 79703
For more information or to register please email:
pbpsychadmin@ttuhsc.edu
Texas Tech Physicians of the PERMIAN BASIN BEHAVIORAL HEALTH AND PSYCHIATRY
- Now offering: Parenting Classes**
In Person/Online Available
4 Weekly Sessions
(\$25/session)
For more information
Or to register:
pbpsychadmin@ttuhsc.edu
Texas Tech Physicians of the PERMIAN BASIN BEHAVIORAL HEALTH AND PSYCHIATRY

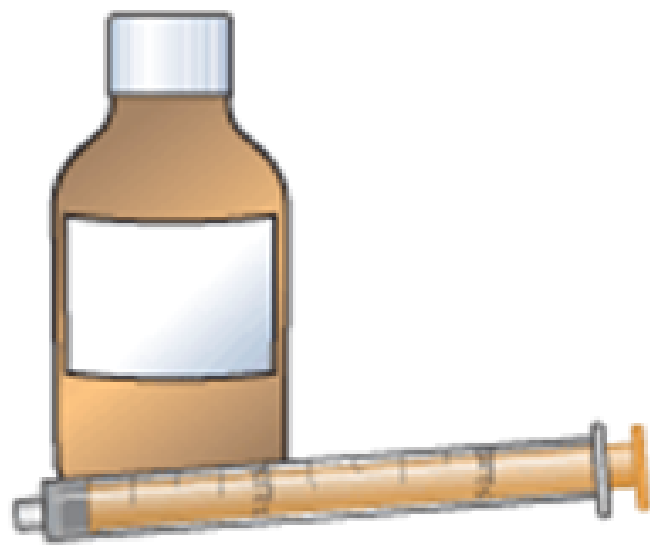
STAY TOGETHER PROGRAM

The Stay Together program can help families resolve a variety of issues and is provided at no cost as a community service for families with children from birth through 17 years of age. Our focus is empowering families through conflict resolution and skill development to promote positive, healthy relationships and family functioning. Common challenges and issues addressed through services include, but are not limited to:

- Family communication
- Arguing and family conflict
- Parenting skills
- Child development
- Caring for infants
- Boundaries and discipline
- School attendance and behavior
- Bullying
- Peer pressure and youth decision making

For more information:

<https://www.highsky.org/all-programs/stay-together/>



FYI Prescribers: - Town & Country Pharmacy in Odessa does liquid preparations of Clonidine (0.1mg/ml)



SHOT CLINICS

Saturday Clinic | 9AM-12PM

- June 28
- July 26
- August 9

Late Clinic | 5PM-6PM

- June 11
- July 16
- August 18

Early Clinic | 7AM-8AM

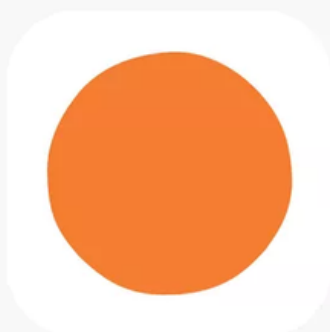
- August 12

All shot clinics are by Appointment Only Call (432) 681-7613



<https://www.211.org/2-1-1>

Texas Permian Basin Community Calendar



Headspace is a great and simple app for beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise.

<https://www.headspace.com/>



Midland Mental Health Resources

<u>Midland Counselors</u>		<u>Free Consulting Services</u>	
<u>Private Insurance & out of pocket pay</u>		<i>Rays of Hope Grief Center.</i>	432-684-5437
<i>Lee Culver, LPC</i>	432-242-3810	(ages 4-18/ family)	
<i>Natalie Dewitt, LPC</i>	432-299-3231	<i>Stay Together Program</i>	432-699-1466
		(consultations with youth/ caregiver)	
<i>BLEST Counseling, LCDC</i>	432-847-2181	<i>The Life Center</i>	432-683-6072
<i>Allison Hartzoge, LPC, MA</i>	432-682-2724	Mentor program for ages 13-45	
<i>Candace Mahaffey</i>	432-897-0440	<i>Basin MD-No Cost Counseling</i>	
<i>Cheryl Willoughby, LPC</i>	432-557-1775	**Download the BasinMD by Midland Health App	
<i>Maureena Benavides, LPC</i>	432-889-4064	via the Apple or Android AppStore**	
<u>Midland Counseling Centers</u>		Code BH001 – can be used by anyone experiencing	
<i>Affinity Counseling Center</i>	432-557-1775	on-going stress and anxiety during this time. The code	
<i>Archway Support</i>	432-682-2724	can be reused for 6 months and covers the full cost of	
<i>Healing Through Hope</i>	432-238-1239	the \$120 visit. To use these codes, you must first	
(sliding scale \$60-\$110)		register with a credit card, then enter the code to access	
<i>Heritage Counseling Services</i>	432-685-3787	the grant funding.	
(\$100/ hr)		<u>Psychologist-Midland/Odessa</u>	
<i>New Hope Counseling</i>	432-687-4673	<i>Cynthia Wall, PsyD</i>	432-312-1450
<i>Samaritan Counseling</i>	432-563-4144	<i>Kristin Jensen, PhD</i>	432-550-0224
(flat fee)		<i>Perry Marchioni, PhD</i>	432-684-4540
<u>Accepts Medicaid</u>		<u>Psychiatrists</u>	
<i>Centers for Children & Families</i>	432-570-1084	<i>Roy Matthews</i>	432-617-3855
\$50.00 assessment fee (Sliding Scale)		(Adults Only)	
<i>AGAPE counseling</i>	432-550-5683	<i>Wilbur Lineback (BCBS only)</i>	432-570-9552
(most insurance, \$35-\$100 without)		<i>Eric Olson</i>	432-620-0161
<i>Midland Rape Crisis Center</i>	432-682-7273	<i>Shanthi Thangam</i>	432-337-9000
<i>PermiaCare- MHMR</i>	432-570-3300	<i>Shamsuddin Peppermintwala</i>	432-218-9920
<u>Mental Health Hospitals</u>		<i>Ravi Medi</i>	432-333-1333
<i>Oceans Hospital (Midessa)</i>	432-561-5915	<i>Ben Hankins</i>	432-620-8500
<i>Oceans Hospital Abilene</i>	325-691-0030	(no insurance)	
<i>Rivercrest-San Angelo</i>	325-949-5722	<i>Texas Tech Physicians</i>	432-620-1160
<i>Shannon Behavioral Health</i>	325-659-7300	(also accepts Medicaid)	
(San Angelo)		<u>Psychiatrist- Big Spring, TX</u>	
		<i>Shiraj A Vahora</i>	432-263-1211
		<i>San Gabriel Psychiatry</i>	432-652-2548



<p>Big Spring State Hospital 432-267-8216</p> <p>Scenic Mountain Behavioral 432-268-4760 (Big Spring)</p> <p>The Pavillion 806-354-1810 (Amarillo)</p> <p>Rivercrest Intensive Outpatient Program (Accepted Medicaid and Private Insurances) (ZOOM) 325-949-5722</p> <p><u>Military Veteran Resources</u></p> <p>VA Medical Center 432-263-7361 ext. 5678 (Big Spring)</p> <p>Military Peer Veteran Network 432-770-9326</p> <p>VET Center Readjustment Counseling 432-697-8222</p> <p>American Red Cross Hero Care Network 877-272-7337</p> <p>Texas Veterans Commission 432-688-4879</p> <p><u>Crisis Intervention</u></p> <p>24 Hour Crisis Hotline/ PermianCare (MHMR) www.permiacare.org 1-844-420-3964</p> <p>Midland County Mental Health Deputies 432-688-4671</p> <p>Midland Memorial ER 432-221-1558</p>	<p>Suicide Prevention Hotline 1-800-273-8255</p> <p>Crisis Text Line: Text HOME to 741741 for free crisis support in the U.S.</p> <p><u>Mental Health Support</u></p> <p>Permian Basin 211 432-362-0433 Ext. 1</p> <p>NAMI Support Group 432-683-3648 Currently online</p> <p>Permian Basin LGBTQ(Plus) 432-203-6093 www.pblgbtq.org</p> <p>Trevor Project for LGBTQ 866-488-7386 Text (START) 678-678</p> <p>*Reflection Ministries 432-247-1099 https://www.reflectionministriestx.org/ (Sex Trafficking)</p> <p>National Human Trafficking Hotline 888-373-7888</p> <p><u>Helpful Apps</u></p> <p>Anxiety Breathwrk Calm PTSD Coach Insight Timer SAM</p> <p>Depression Sanvello</p> <p><u>Other Phone Apps</u> (iTunes) (Google Play)</p> <p>ASK & Prevent Suicide – Easy steps to preventing suicide</p> <p>Breathe2Relax– Stress management tools and exercises</p> <p>Self-help Anxiety Management – Helps people manage anxiety</p> <p>Suicide Safer Home – Practical tips for parents and caregivers</p> <p>Texas Veterans – Access local, state and national resources</p> <p>Virtual Hope Box – Stores personal messages, information and pictures to promote mental wellness and crisis support</p>
--	--



FREE

MIDLAND LOCATION
3701 Andrews Hwy
Midland, TX 79703
(432) 570-1084
www.centerstx.org

2025

Parenting with a Purpose

February 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

April 2025

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY

August 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

SEPTEMBER

October 2025-

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2025 Session Schedule

- 1: February 11 thru March 4
- 2: April 22 thru May 13
- 3: June 3 thru June 24
- 4: August 5 thru August 26
- 5: October 7 thru October 28

Class time: 6pm-7:30pm
ARRIVE at 5:55pm
Doors are locked at 6pm
Zoom option available
Pre-registration Recommended

Calendar current as of 9/5/24—
subject to change

Attending Class 1 and/or Class 2 is required for Class 3 and Class 4.
Each Class builds upon the previous. Each Session will be closed to new participants after Class 2 occurs.



Each Session has FOUR classes:

Class 1: Child Development Class 2: Communication & Connection
Class 3: Correction & Consequences Class 4: Co-Parenting Strategies

Upon completion of all 4 classes, a certificate will be issued.

Call to register. Space is limited. First come—first serve.
Walk-ins accepted if registered attendees do not fill class.

Miss a class? Come to the next session!

Class 1: 2/11/25, 4/22/25, 6/3/25, 8/5/25, 10/7/25
Class 2: 2/18/25, 4/29/25, 6/10/25, 8/12/25, 10/14/25
Class 3: 2/25/25, 5/6/25, 6/17/25, 8/19/25, 10/21/25
Class 4: 3/4/25, 5/13/25, 6/24/25, 8/26/25, 10/28/25

TEXAS PARENT EDUCATION AND FAMILY STABILIZATION COURSE [5.A.105.009]



MARK YOUR CALENDARS

July 28 - August 2

MidlandWellnessTour.com



Promoting Health and Wellness Resources to the Greater Midland Community

Charlie Health offers a virtual mental health & SUD intensive outpatient program

Charlie Health offers a virtual mental health & SUD intensive outpatient program for adolescents and young adults ages 11-33. We work with commercial insurances, Tricare, and all of the Medicaid plans outside of Molina and Superior. We do not have a waitlist for our trauma-informed IOP program and strive to have each referred client scheduled for intake in 24-48 hours from referral. Each client receives 9-12 hours of clinical support weekly with group, one-on-one, and family therapy. We have immediate availability and work as a discharge resource for folks coming from the ED, inpatient, and residential treatment as well as those stepping up in care from OP or community.

For more information regarding our efficacy and patient outcomes, please reference our [Outcomes study](#) or check out this easy read [Charlie Health Demonstrates Evidence-Based Approach to High-Acuity Mental Healthcare](#).

Anyone can place referrals here

<https://outreach.charliehealth.com/regions/texas>



First 5 Permian Basin

First 5 is a collection of three free home visiting programs which serve families with children ages 0-5 (including first-time and pregnant caregivers): Home Instruction for Parents of Preschool Youngsters (HIPPY), Nurse-Family Partnership (NFP), and Parents as Teachers (PAT).

More information please contact 432-552-4025 or email first5@utpb.edu

Crisis & Urgent Care

If you or a loved one is in immediate danger or having thoughts of suicide call 800-273-8255

PERMIACARE CRISIS LINE

NATIONAL SUICIDE HOTLINE

MENTAL HEALTH DEPUTY 432-685-7108

MIDLAND PD 432-685-7110

If you have any items to add to next month's newsletter, or if you have suggestions for how to improve the newsletter, increase communication/awareness, please email it to pbpsychadmin@ttuhsc.edu

Your feedback is important to us! Feel free to leave an anonymous suggestion or comment at

<https://app4.ttuhsc.edu/formbuilder/ViewForm.aspx?FormKey=d6b6f818-2f0b-48d8-8d5d-25bc0a522bce>