

The #GIVINGTUESDAY
PANHANDLE
GIVES

ASW Arms
Stretched
Wide

NEWSLETTER

September 2025

I GIVE
where
I LIVE

November 24 - December 2

We have been busy at Arms Stretched Wide! We are continuing to connect with community leaders, churches, civic organizations, support groups, and other nonprofits to share about our mission and how we can come alongside to offer support and trainings. These connections and opportunities have been encouraging as we aspire to grow and get relational care and mental health resources to those in need and empower our Texas Panhandle neighbors. We are excited to announce that we received another amazing grant! ASW was awarded \$22,500 from the Louise Bowers Slentz Foundation, Inc. Advise and Consult Fund, a component fund of the Amarillo Area Foundation. This grant will support rural relational and mental health initiatives in Donley, Carson, Gray, Hemphill, Roberts, and Wheeler counties of the Texas Panhandle.



Our introductory price of \$400 (group training) for our 3-part **Neighbor to Neighbor** training will be ending December 31, 2025. We encourage you to schedule before the end of the year to receive our introductory price. The cost of our Neighbor to Neighbor training will be \$900 (group training) beginning January 1, 2026.

To learn more about our Neighbor to Neighbor trainings please visit our website or contact us. We would be glad to share with you about the training.

Save the date!

The Panhandle Gives is
November 24 - December 2!

You can be part of the celebration by giving to your favorite nonprofit (which we know is us!). Visit thepanhandlegives.org to find out more.

Upcoming Events

Sept. 19 Friona - Compassion Workshop

We will be teaching the 2nd seminar in our Neighbor to Neighbor training. This is a free event sponsored by the Parmer Medical Center.

OUR MISSION

INSPIRING HOPE with
access to mental health
resources wherever
you are.



(806) 437-1281



connect2asw@gmail.com



2001 S Polk Amarillo, TX 79109



armsstretchedwide.com

OUR TEAM

Missy Lemons

Executive Director
of Operations & Engagement

DeAnna Sheets, MA, LPC-S

Executive Director
of Programs & Innovation

Mickey Ebenkamp

President

Keith Baldrige

Vice President

Sherry Breeding

Treasurer

Rachel Nease

Secretary

Jaye Jones

Director

Kenny Dean

Director



September is Suicide Prevention Awareness Month. The theme this year is:

“Together in Strength, Dignity, Hope, and Purpose.”

At ASW, we strive to work with community partnerships and supports that build and strengthen effective suicide prevention. Help us reach the following goals by donating, praying, attending trainings, and/or volunteering.

- Embrace the engagement of those with lived experience to help reduce stigma and to foster a sense of unity around mental health and suicide. Those who have experienced a suicidal crisis or have lost a loved one to suicide bring important insights and perspectives to suicide prevention work.
- Create small-group conversations, with peers and professionals, that focus on post-traumatic growth that can help create a sense of connectedness and belonging. Being connected with others is a key protective factor in preventing suicide.
- Create & support peer-led initiatives that build trust and break stigma because people are more likely to open up to peers who have walked a similar path. This is especially meaningful to specific groups, such as veterans.
- Create & strengthen locally tailored efforts that address unique community needs. There's no one-size-fits-all in suicide prevention. ASW believes community should always be at the table.

988

SUICIDE & CRISIS
LIFELINE

About 988

People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support. 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crises
- Emotional distress

The 988 Lifeline helps thousands of people struggling to overcome suicidal crises or mental health-related distress every day. The U.S. has one death by suicide about every 11 minutes.

OUR VISION

Building relationships that
connect, educate, support
and empower through
mental health awareness
and access.