

February 25, 2525 Meeting Minutes

Presenters

Erica Chang, Youth Outreach Coordinator for “Hear Me WA” <https://hearmewa.org/>
Marketing Materials <https://hearmewa.org/tip-responders/marketing-materials/>

Tasnim Rehamani, Community Engagement Specialist from “Connections Health Solutions” <https://connectionshs.com/>
Virtual tour of their facility in Kirkland.

Resources | Events

NAMIWalks Washington

Saturday, May 31, 2025
Magnuson Park
7400 Sand Point way NE
Seattle, WA 98115
Event Route Length: 5K
9 a.m. - 12 p.m. PT
Registration Opens: 8 a.m.
Walk Begins: 9 a.m.
Event Ends: 12 p.m.

NAMI South King has a team we are the WalkStars if you are ready to register
<https://www.namiwalks.org/index.cfm?fuseaction=donordrive.event&eventID=1752>
NAMI Eastside Rocks the Walk is our name
<https://www.namiwalks.org/index.cfm?fuseaction=donordrive.event&eventID=1752>

Seattle Children’s Hospital has created a series of seven videos ranging from 5-20 minutes to explain how the mental health system works and the range of care options available from crisis support and outpatient therapy up through inpatient treatment.
<https://www.seattlechildrens.org/healthcare-professionals/provider-news/behavioral-health-continuum-care-videos>

<https://www.seattlechildrens.org/clinics/suicide-prevention-program/resources-for-primary-care-to-support-families/>

<https://www.nfstac.org/events>