



IMPACT REPORT

2025

Empowering the community through
mental health education, advocacy,
and connection to care.

www.mhahouston.org

Dear Friends,



This past year marked an important turning point for Mental Health America of Greater Houston as we broadened our approach to supporting wellness across individuals, families, veterans, workplaces, and communities in new and meaningful ways.

The successful launch of Care Connect reflects that vision. Behind every call is someone looking for help for themselves or someone they love. Care Connect was designed to meet that universal need by providing a trusted place to begin, offering guidance, hope, and a clear path forward. In its first year, it became a lifeline for people searching for answers and a reminder that no one should have to navigate the journey to wellness alone.

We also celebrated the first year of our Workplace Wellness program, working with employers to create workplaces where people can thrive. By helping organizations strengthen workplace culture, foster healthier workplace relationships, and equip employees with practical tools to care for their own wellbeing, we are building healthier, more resilient teams. Like Care Connect, it represents our commitment to developing innovative solutions that respond to the changing needs of our community.

As the funding landscape continues to evolve, we are making important organizational changes to ensure our resources remain focused on the areas where we can make the greatest impact. Those decisions strengthen our ability to serve our community today while positioning us for the future. Thank you for your partnership, your trust, and your belief in our mission. Together, we are creating a healthier future where wellness is within everyone's reach.

In Service,

Renae Varia Torczyk, MBA
President & CEO

2025 At a Glance

Every conversation, workshop, and community event creates an opportunity to reduce stigma, build knowledge, and connect people to support. Together, these efforts reached thousands of Texans and strengthened mental health awareness in our community.

5,585

Community members served

533

Workshops, presentations, & advocacy sessions delivered

86

Community outreach and engagement events



The Path to Wellness

In June 2025, Mental Health America of Greater Houston launched **Care Connect**, a free mental health navigation service designed to help individuals and families find the right care when they need it most.

Care Connect features an **online provider search**, a **free helpline** staffed by bilingual community resource specialists, and **access to free counseling**.

By breaking down barriers to care and connecting people with trusted mental health resources, launching Care Connect marked a significant step forward in expanding access to quality mental health services and ensuring that no one has to navigate their mental health journey alone.



1,000+ mental health providers were vetted & added to our directory

1,551 community members used the provider directory to seek mental health services

1,219 visits to the wellness resource hub

133 individuals received personalized support through the Helpline (October-December)



“ The guidance and support I received helped me feel less alone and gave me the strength to keep moving forward during a time when things felt overwhelming. ”

-Melissa, Houston

Support is just a call away!

877-755-9988

Building Healthier Workplaces



MHA of Greater Houston partnered with **25 employers** in 2025 to provide evidence-based trainings, practical resources, and consulting that strengthens mental well-being in the workplace.

By equipping leaders and teams with the knowledge and tools to recognize mental health challenges, reduce stigma, and foster supportive workplace cultures, we are helping improve employee well-being while building healthier communities across Texas.

To learn more about workplace wellness, contact Dr. Ann Friedman, afriedman@mhahouston.org.

84 educational sessions delivered

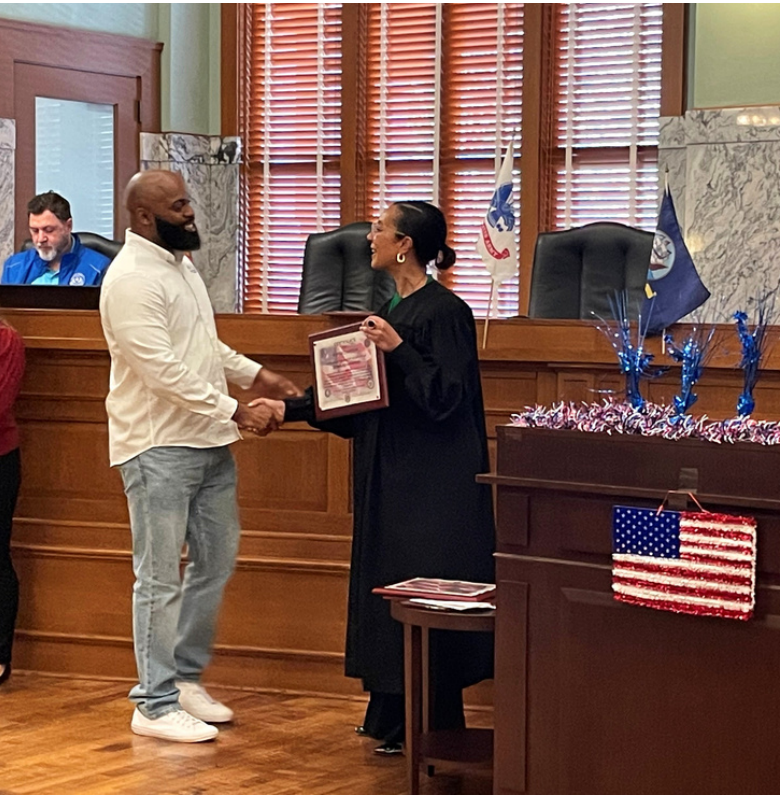
1,386 employees & leaders engaged

404 people received resources through outreach

74% increased confidence to apply new skills



Supporting Those Who Served



1,020 veterans and their families connected to services

813 veterans served

604 community members engaged at outreach events

114 veterans supported through Veteran's Treatment Court

95 veteran and community education sessions conducted

86% graduated from Veteran's Treatment Court



Shaping a Healthier Future

Throughout 2025, MHA of Greater Houston worked alongside communities, schools, healthcare providers, advocates, and policymakers to improve coordination, inform policy, and build sustainable solutions that expand access to mental health resources across Texas.

From advancing community-informed legislation during the 89th Texas Legislative Session to partnering with schools and local organizations across more than 20 Texas counties, we helped transform community needs into statewide action. By combining advocacy, research, collaboration, and technical assistance, we equipped leaders with the tools, data, and partnerships needed to strengthen prevention, improve early intervention, and create more connected systems of care.



Advocacy and Policy

- 81 Texas legislators engaged during the 89th Legislative Session
- 70+ legislative education meetings and advocacy engagements
- 4 legislative hearings where MHA of Greater Houston provided testimony
- 4 mental health bills supported into law (HB 5342, SB 1401, SB 646, SB 207)

Community Capacity Building

- 20+ Texas counties engaged through partnerships and collaborative initiatives
- 75+ advocates trained in effective mental health advocacy
- 600+ professionals educated on mental health policy and systems change

Data-Informed Solutions

- Nearly 100 Texas school systems analyzed to identify opportunities for stronger prevention, early intervention, and coordinated student support
- Community data and stakeholder input used to strengthen local mental health planning and implementation

Helping Students Thrive

1,544

educators, school administrators, & students participated in school-based programs

640

community members trained to recognize & respond to students experiencing challenges

196

students participated in the Youth Art Showcase

96%

participants found training to be applicable



Delila, Age 13



10,162

People screened for mental health concerns

What happens after someone takes a mental health screen at mhahouston.org/screen?

- Immediate results that can be printed & shared with a medical or mental health professional
- DIY tools and coping skills
- Linkage to treatment resources

Top Screenings

- Depression
- ADHD
- Anxiety
- Bipolar Disorder

Why People Screened

- Low self-esteem or self-image
- Relationship problems
- Loneliness or isolation
- School or work problems

Who's Screening

66% Student

26% Trauma survivor

23% LGBTQ+

8% Healthcare worker

6% Caregiver of someone living with a mental or physical health condition

5% New or expecting parent

3% Veteran or active duty military

Note: Respondents could select more than one population category

Scan the QR code to take a screening



Chevron Houston Marathon

Run for a Reason Program

In 2025, Team MHA united **36 dedicated runners** who raised more than **\$26,000** to support critical mental health services and support. We are deeply grateful to every runner, donor, and supporter whose dedication and generosity made this incredible impact possible.



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Get Involved

Inspired by our work?

Here are some ways you can support the mission.

1

MAKE A DONATION

Your support helps people connect to care, expand prevention efforts, & build a healthier community. Give today at mhahouston.org/ways-to-give.

2

RUN (OR WALK) FOR MENTAL HEALTH

The Chevron Houston Marathon Run for a Reason (RFAR) charity program connects the philanthropic community to passionate race participants willing to raise funds and create awareness for meaningful causes. Join Team MHA as we run for mental health in Greater Houston! Join or support our team at mhahouston.org/events/marathon.

3

CREATE A FUNDRAISER

Celebrate a birthday, honor a loved one, or rally your friends & family to support wellbeing. No matter how you choose to raise funds, we are here to help you. Visit mhahouston.org/ways-to-give for more information.

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