

40 YEARS OF FAMILIES HELPING FAMILIES



It's 1982, and parents are sitting around a kitchen table, talking about how they can help their children who are dealing with serious mental illness.

Over coffee and dessert, families share information—about which medications work or don't work, which hospitals are better than others. And they **support each other**, as only people *who know what you're going through can*. They've been through it, too. There is no internet, no cell phones. But parents found each other at kitchen tables, all across the country. **Out of that shared lived experience, NAMI was born.**

NAMI-NYC became part of a national movement to provide peer support to families and individuals affected by mental illness. Through education, support, and advocacy, we changed how New Yorkers understand, talk about, and deal with mental illness. We use the peer or lived experience model because no one can help you or understand you the way someone who has actually been there can.

As we celebrate our **40th anniversary**, we reflect on the community we have built together. NAMI-NYC now has more than 20 staff members and over 300 active volunteers. Last year, we touched the lives of **over 30,000 New Yorkers.**

No one expected a global pandemic, which has tremendously impacted New Yorkers' mental health. 2021 was also challenging, but we were resilient. We have learned how to stay connected, even virtually, and we have worked hard to continue to support our community. All of our programs and services are available online or on the phone and are **still free of charge to anyone who needs them.**

As we look to the future, we want to continue to grow the number of families and individuals we touch each year. **We couldn't do that without you. You make hope possible.**

#MentalHealthMatters —

Because there is no health without mental health.



NAMI-NYC 2021 IMPACT REPORT

OUR CLASSES

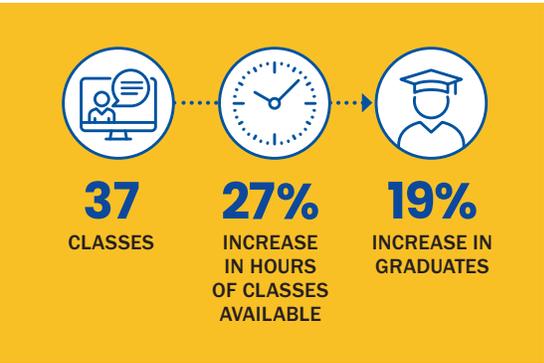
Whether participating as a parent, family member, or an individual living with a mental health condition, our evidence-based education classes change lives by providing you with knowledge and skills to better navigate your unique situation.

“The teachers were understanding and caring as well as willing to share their personal experiences and knowledge.”

OUR HELPLINE

The only phone number New Yorkers need to access critical information, education, and support for any mental health issues they are experiencing.

Our Helpline provides callers with support and referrals to community services and other resources. Staffed by trained volunteers with lived experience with the NYC mental health system. Reach us at **212-684-3264** or helpline@naminyc.org.



Family-to-Family: 8-week class for families, caregivers, and friends of adults living with mental illness.

Peer-to-Peer: 8-week class for people with a mental illness who wish to maintain their wellness and recovery. We also have a course for—and led by—people who identify as LGBTQ+.

Basics: 6-week class for parents and caregivers of children and adolescents with behavioral or emotional issues, or mental health diagnoses.

Family & Friends: 90-minute seminar for families, caregivers, and friends of adults with mental illness.

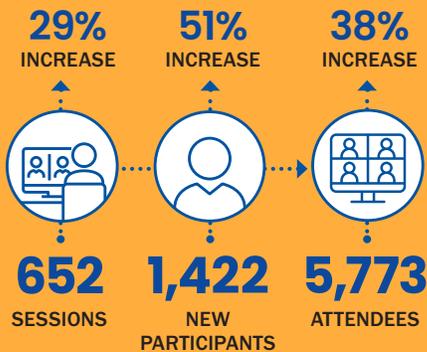


100% of Peer-to-Peer virtual class attendees felt connected to and supported by the other participants.

SUPPORT GROUPS

We offer nearly 30 support groups each month that address the needs of both family members and adults with mental health challenges. In 2021, over 400 individuals attended NAMI-NYC's virtual support groups monthly, including traditional emotional support groups and socialization groups to build community.

99% of participants said they felt better after joining a support group session.



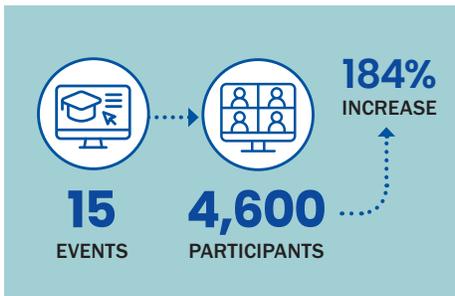
We launched our support group for people who identify as **Asian American and Pacific Islander (AAPI)** living with mental health challenges.

We also increased the frequency of **Family & Friends** to meeting twice monthly, and **Hearing Voices and Living With Bipolar** now meets weekly.

EDUCATION EVENTS

Held throughout the year, these education and advocacy events provide information and resources to the community. In 2021 we had registrants from 49 states and DC, as well as 33 countries. A silver lining to COVID—we have been able to reach more people, from more places, who need the information we are providing.

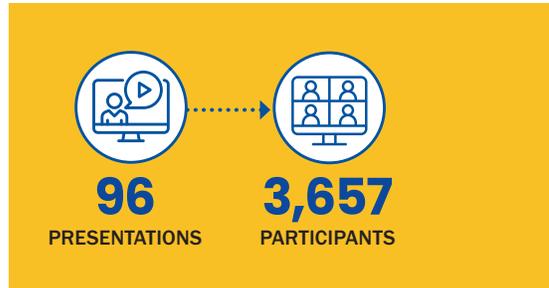
They include various panels and workshops on topics of interest to our community, such as: **Adolescent Social Media Use and Suicide Risk; Media Depictions of Mental Illness; and The Troubled History of Schizophrenia: How Race Shaped an Illness.**



We also partner with businesses, faith-based groups, hospitals, mental health facilities, middle and high schools, universities and more to address mental health needs in the community.

ENDING THE SILENCE

Ending the Silence gives middle and high school students the opportunity to learn about mental illness, and to ask questions to speakers and presenters who have lived it. Students learn how to help themselves and others find the support they need. We also offer presentations and support to family members and school staff.



IN OUR OWN VOICE

Personal stories in real-life presentations show the realities of living with mental illness and recovery.



"Hearing others' experiences has given me insights into my own struggles and brought a lot of comfort and self-compassion."

— ARIEL DAVIS

"I started making better decisions for myself after being inspired by others."

Ariel Davis with her Mom

ADVOCACY AMBASSADORS

Creating a movement that empowers individuals affected by mental illness to use their voice for social change and to improve the mental health system. Our Ambassador program provides families and individuals with the skills and training needed to meet with their elected officials to create impactful and sustainable change in their neighborhoods and communities. In 2021, we had nearly 180 volunteer ambassadors.



38% INCREASE

179

TRAINED AMBASSADORS

% DISTRICT COVERED



NYC CITY COUNCIL



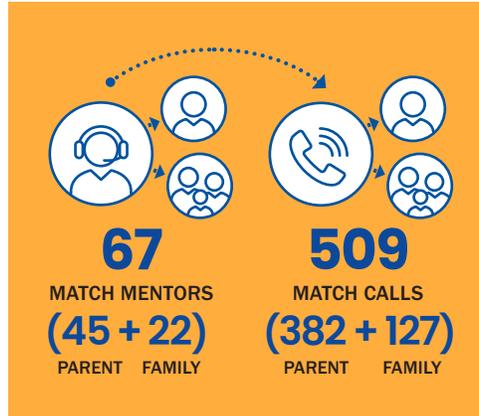
NY STATE ASSEMBLY



NY STATE SENATE

FAMILY MATCH

Supporting someone with a mental illness can be overwhelming. Our one-on-one phone-based support for parents and other family members makes a difference.



RAPID REFERRAL

Designed to make it as easy as possible for healthcare providers to connect families and individuals affected by mental illness to NAMI-NYC. Mental health care providers go to naminyc.org/rapid to connect with us.



"Support group participants were very supportive and helpful at modeling a different way to approach mental illness that is not rooted in shame, judgment, or fear."

"I started incorporating small daily goals into my life to foster creativity and physical health, and am working on reframing negative thoughts."

WORKPLACE MENTAL HEALTH INITIATIVE

Custom support to employers promoting employee wellbeing and supportive mental health practices in the workplace while reducing stigma towards mental illnesses.

To learn more, please visit naminyc.org/workplace



22 SESSIONS



4,355 AUDIENCE MEMBERS

STAFF GROWTH

8 NEW ROLES at an exciting time of expansion and growth serving more New Yorkers with mental illness and their families.

To learn more about these and our other programs and services, please visit www.naminyc.org

"...after a couple of group sessions, I found a place where I could be vulnerable around my peers."

— TANISHA MALCOM

