

# OUR IMPACT

**2020** was challenging for us all. In a year filled with uncertainty, fear, and isolation, we worked hard to stay connected, even though we were apart.

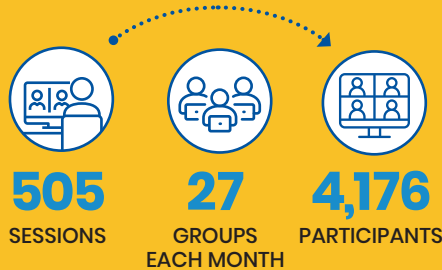
On March 12, 2020 we made the decision to close our office due to COVID, effective immediately. Without missing a beat, NAMI-NYC transitioned all our services online—all still available free of charge to anyone who needs them—and continued to provide education, support, and advocacy to more New Yorkers affected by mental illness than ever before.

Because **#MentalHealthMatters** more than ever before.

## SUPPORT GROUPS

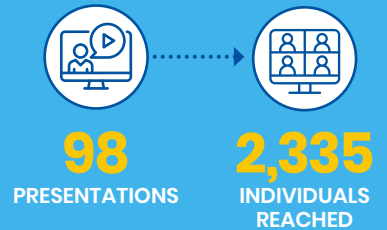
Dealing with mental illness can be challenging. No one should have to go through it alone.

7 new groups launched—including **Black Minds Matter, LGBTQ+, Living With Anxiety and/or Depression**, as well as a weekly **Wellness Chat** to give people a constant they could count on, started soon after COVID lockdown.



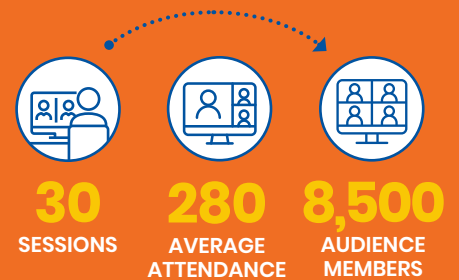
## IN OUR OWN VOICE

Shattering stereotypes, fighting stigma



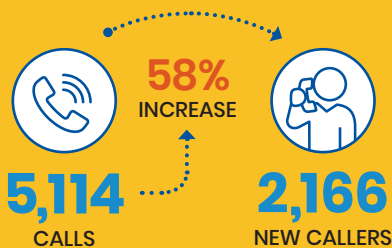
## WORKPLACE MENTAL HEALTH INITIATIVE

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



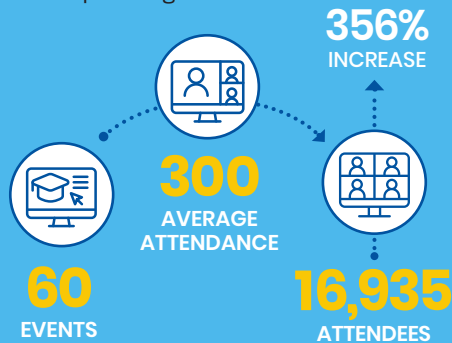
## HELPLINE

The only phone number New Yorkers need to access critical information, education, and support.



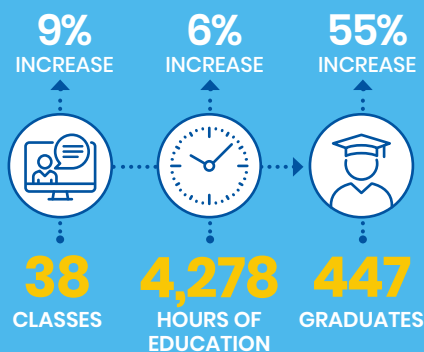
## EDUCATION EVENTS

2020 saw a dramatic increase in attendance at our education events, as more people than ever before sought out the information we were providing.



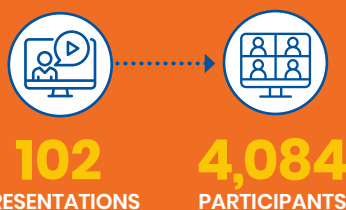
## CLASSES

Evidence-based classes provide skills and knowledge for family, friends, and people living with mental illness.



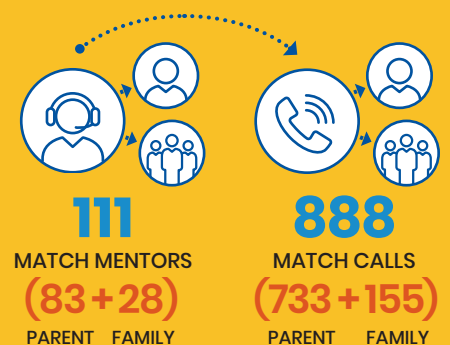
## ENDING THE SILENCE

Empowering the next generation



## MENTOR MATCH

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



## ADVOCACY AMBASSADORS

Creating a movement that empowers people affected by mental illness to use their voice for social change and to improve the mental health system.

373%  
INCREASE



123  
TRAINED  
AMBASSADORS

### DISTRICT COVERED



86%  
NYC CITY  
COUNCIL



85%  
NYS  
ASSEMBLY



92%  
NYS  
SENATE

## NAMIWALKS YOUR WAY NYC

Due to COVID, we had to develop a whole new way of Walking together...apart. Yet despite our day being virtual, NAMIWalks Your Way NYC was a wonderful way for our community to connect, reducing isolation, and providing hope.



Over

4,500  
INDIVIDUAL  
DONATIONS



Over

\$620,000  
RAISED



Over

2,500  
ONLINE  
PARTICIPANTS

## SEEDS OF HOPE VIRTUAL GALA

Again COVID required we reinvent a signature annual event, which we were able to open to our whole community. Still apart, our community came together to celebrate mental health advocacy and the strength of the NAMI-NYC family.



Over

\$800,000  
RAISED



Over

650  
ONLINE PARTICIPANTS

NUMBER OF STAFF  
CHANGES/REDUCED  
HOURS SINCE COVID — 0

## HELPLINE

Our **Helpline** provides callers with support, information, 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](mailto:helpline@naminyc.org).

## CLASSES

**FAMILY-TO-FAMILY** is our 8-week class for families, caregivers, and friends of adults living with mental illness.

**PEER-TO-PEER** is our 8-week class for people with a mental illness who wish to maintain their wellness and recovery.

**NAMI BASICS** is our 6-week class for parents and caregivers of children and adolescents with behavioral or emotional issues, or mental health diagnoses.

**NAMI FAMILY & FRIENDS** is our 90-minute seminar for families, caregivers, and friends of adults living with mental illness.

## EDUCATION EVENTS

Held throughout the year, our **Education Events** include *Ask the Lawyer*, *Ask the Doctor*, and various panels and workshops on topics of interest to our community such as: Minority Mental Health; Self-Advocacy in the Workplace During COVID-19; Treating Depression—Myths & Realities; Overdose Prevention; Social Media & Emotions During COVID—For Parents; and Mental Health Voters Matter. We also talk to businesses, faith-based groups, hospitals, mental health facilities, middle and high schools, universities, plus more.

## SUPPORT GROUPS

We offer **Support Groups** each month that address the needs of both family members and adults with mental health challenges. We have both traditional emotional support groups, and socialization groups to build community.

## ENDING THE SILENCE

**Ending The Silence** gives middle and high school students the opportunity to learn about mental illness, and to ask questions of people who have lived it.

Students learn how to help themselves and others to find the support they need. We also offer a presentation for family members, and for school staff.

## IN OUR OWN VOICE

**In Our Own Voice** uses personal stories to illustrate the realities of living with mental illness and recovery. It's designed to shatter stereotypes and offer hope.

## ADVOCACY AMBASSADOR

Our **Advocacy 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.

## NAMIWALKS NYC

**NAMIWalks NYC**, held annually in May, brings together thousands of mental health advocates, leaders, and individuals and families affected by mental illness. It's the largest mental health walk in the nation.

To learn more about these and our other programs and services, please visit [www.naminyc.org](http://www.naminyc.org)