



# NAMI-NYC IMPACT REPORT

2023



# WE ARE COMMUNITY

NAMI-NYC has been a vital, vibrant community no matter what, and despite these tough pandemic years, we emerged an even stronger, innovative organization. We are proud of our accomplishments, and thanks to your support, we still remain the **only non-profit organization in New York City providing direct support to family members**. We support thousands of New Yorkers and their families, while also reaching people in almost **all 50 states, D.C., Puerto Rico, and 36 countries** with our digital programs. We're hosting hybrid events, so that our community is **accessible, open, and welcoming** to anyone who needs us.

**Thank you for joining us on this journey!**



**Your donation ensures that our mental health programs and support remain free to any New Yorker who needs them.**

# WE ARE INNOVATION

## FOCUS ON SUICIDE PREVENTION



We continue to respond to the needs of the community and our city's mental health crisis. We are proud of our *Living with Thoughts of Suicide* group, and new *Suicide Loss Survivor* group for family members. We hosted public education events, including *Suicide & Mental Illness in the News*.

After two very successful years focusing exclusively on the financial sector, we are expanding our Workplace Mental Health Collaborative to any industry invested in creating mentally healthy workplaces. To join for 2024, visit [naminyc.org/collab](https://naminyc.org/collab)



## TRANSFORMING WORKPLACES



## ADVOCATING FOR OUR COMMUNITY



We advocate for the decriminalization of mental illness, including the city's proposed involuntary hospitalization directive. We were featured extensively in New York media.

The New York Times

CBS



DAILY NEWS

CRAIN'S  
NEW YORK BUSINESS

# WE ARE FAMILY SUPPORT

We are the only non-profit in New York City providing **direct support to family members caring for loved ones with mental illness.**

Families work best as a support system to people with mental health conditions when they have proper education, support, and resources. Before health care providers and social safety net, family members are the **first line of care** for New Yorkers living with serious mental illness. They are there during a crisis or the first to notice a change in behavior. We are not born knowing how to do this. **That's where NAMI-NYC comes in...**

## HOW WE TRANSFORM FAMILIES

- **100% of Family-to-Family graduates** strongly agreed that the class was helpful for them and their loved one
- **100% of Basics participants** would recommend this program to other parents, guardians, or caregivers
- **98% of family support group participants** felt that they received support from people going through similar experiences
- **98% of family members** agreed that after our **Ending the Silence** presentation, they know what to do when a student presents a warning sign of mental illness

"I have **more empathy towards my family member** living with mental illness."

**-Support Group Participant**

"With NAMI-NYC's insight, experience, and knowledge, I'm **no longer lost in the woods.**"

**- Family-to-Family Class Graduate**





**"I don't know if we'd be here together without NAMI-NYC's *Family-to-Family* class."**  
- Keisha & Felix

# WE ARE PEER-LED, PEER-RUN

## KEISHA'S JOURNEY

First, Keisha found our NAMI-NYC **Helpline**. She learned about NAMI-NYC programs that could help her better support her partner, Felix, living with mental health challenges.

Keisha took NAMI-NYC's ***Family-to-Family* class**. Keisha was equipped with the knowledge and skills to better understand Felix's struggles. This was transformative for their relationship.

After the class, Keisha remained involved in our **support groups with other family members** who understand. Keisha and Felix were on the same team again and fighting mental illness together.

Keisha participated in NAMI-NYC's ***Family Match* program**, where she received emotional support and guidance over the phone for three months, and then became a mentor herself.

Watch Keisha and Felix's full  
"NAMI-NYC Love Story."



# 2023 NAMI-NYC AT-A-GLANCE

## TOP REASONS TO CALL THE HELPLINE

- Resource or referral
- NAMI-NYC programs
- Mental health crisis
- Someone to talk to



**5,409**

interactions on  
our Helpline



**543**

rapid referrals  
from healthcare  
providers



**3,657**

participants in  
workplace mental  
health trainings



**1,420**

participants in 6  
public education  
events



**4,721**

attendees at  
*Ending the Silence*  
presentations



**725**

*Family Match* calls  
providing support



**643**

graduates from  
45 evidence-  
based classes



**143**

Ambassadors  
advocating for  
mental health



**4,978**

attendees in  
40 support & social  
groups

"Each time I went  
to the **LGBTQ+**  
**support group**, I  
was able to talk to  
the community  
about **things I had**  
**on my chest that I**  
**had no other**  
**outlet for.**"

*- Support Group  
Participant*

Family & Friends  
21

Basics  
120

Peer-to-Peer  
144

Family-to-Family  
280

Multiracial  
4%

AAPI  
14%

Latino  
15%

Other  
6%

White  
34%

Black  
27%

**565 HOURS OF INSTRUCTION BY CLASS**

**OUR SUPPORT GROUP ATTENDEES**



# HOW TO GET INVOLVED

## DONATE NOW:

Support our mission with a donation to provide free mental health programs by visiting [naminyc.org/donate](https://naminyc.org/donate)

## PLANNED GIVING:

You can also give Donor Advised Funds, or designate us as a beneficiary in your will, trust, or retirement account. **NEW!** Donate appreciated stocks and cryptocurrency directly on our website.

## JOIN OUR LEADERSHIP CIRCLE:

We need your expertise and lived experience as a part of our work. Express interest and learn more at [naminyc.org/leadership-circle/](https://naminyc.org/leadership-circle/)

## CORPORATE GIVING:

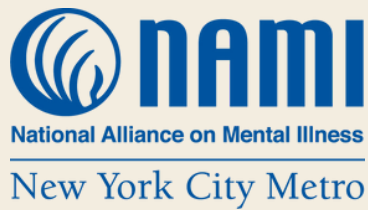
Champion our mission through programmatic investments, event sponsorship, matching employee gifts, and more!

## FUNDRAISER EVENTS:

Join us for our NAMIWalks NYC & Mental Health Street Fest in May or our Seeds of Hope Gala in the fall! Learn more at [naminyc.org/events](https://naminyc.org/events)



Learn about all the ways you or your company can give at [naminyc.org/ways-to-give](https://naminyc.org/ways-to-give)



**NAMI-NYC**  
**307 W. 38TH STREET, 8TH FLOOR**  
**NEW YORK, NY 10018**  
**WWW.NAMINYC.ORG**

