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

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.
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
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

643 graduates from 45 evidence-based classes
143 Ambassadors advocating for mental health

565 HOURS OF INSTRUCTION BY CLASS

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OUR SUPPORT GROUP ATTENDEES

Family & Friends
21

Basics
120

Peer-to-Peer
144

Family-to-Family
280

Multiracial
4%

AAPI
14%

Latino
15%

Other
6%

Other
6%

Black
27%

White
34%
HOW TO GET INVOLVED

DONATE NOW:
Support our mission with a donation to provide free mental health programs by visiting 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/

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

Learn about all the ways you or your company can give at naminyc.org/ways-to-give