


IMPACT REPORT

 **nami**
National Alliance on Mental Illness
New York City Metro

2024



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National Alliance on Mental Illness
New York City Metro

TODAY, I FEEL

Fantastic

Fearless Diva



National Alliance on Mental Illness

New York City Metro

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

The Power of **Lived Experience**



OUR MISSION

Guided by lived experience and evidence-based practices, NAMI-NYC helps families and individuals affected by mental illness build better lives through education, support, and advocacy.

NAMI-NYC offers **free, confidential mental health programs** and resources for the 1 in 5 individuals living with mental illness and their family and friends, **The Other 4™**. **These programs for family members are not available anywhere else.**

More than 90% of U.S. adults, in a KFF/CNN survey, agree that our country is in a mental health crisis. We continue to respond to that need, and fight for a more affordable, equitable mental health care system for all of us. **We are here for you!**



1 in 5 live with mental illness

SUPPORTING AND EDUCATING PEERS

- **98% of peer support group attendees** saw positive changes in their recovery
- **97% of peer support group attendees** accessed practical information to deal with their problems or challenges
- **97%** agreed *In Our Own Voice* presenters' stories resonated with them
- **96% of Peer-to-Peer class participants** agreed they felt connected and supported by other participants

NAMI-NYC CLASSES TEACH PEERS HOW TO

- Recognize signs and symptoms
- Manage crises
- Access care and services
- Advocate with providers
- Take steps to prevent relapse

“I couldn’t describe what recovery means to me without NAMI-NYC.”
- Miguel, Peer and long-time NAMI-NYC Volunteer



The Other 4™ are family & friends



“I have hope that my family member will recover.”
- *Family-to-Family class graduate*

SUPPORTING AND EDUCATING THE OTHER 4™

- **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 class to other caregivers of children and youth
- **96% of family support group participants** felt that they received support from people going through similar experiences
- **100% of family members** agreed that they knew signs of mental illness and how to help young people after our ***Ending the Silence*** presentation



Responding to **Community Needs**

PREVENTING BURNOUT

44% of U.S. adults feel burned out at work. We welcomed a record 20 companies to our **Workplace Mental Health Collaborative** to transform workplaces from a public health perspective. Join us: naminyc.org/collab.

TRANSFORMING WORKPLACE CULTURE

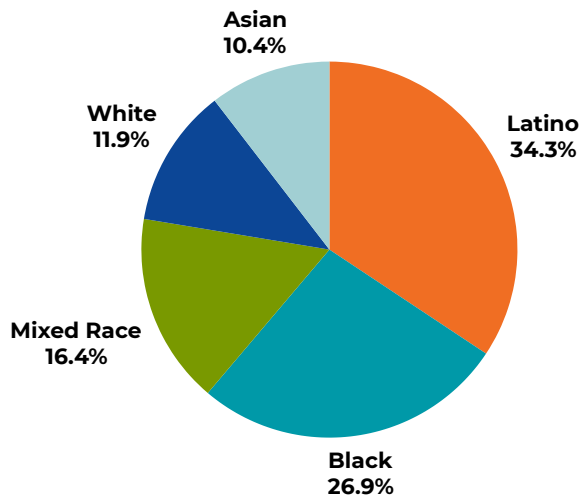
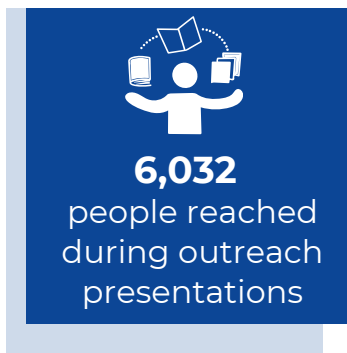
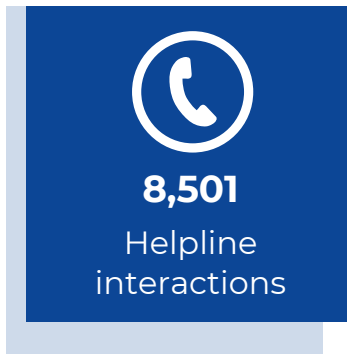
Over 90% of U.S. employees said it was important to work for an organization that values their emotional and psychological well-being. Our **Workplace Mental Health Initiative** offers bespoke training for employees and managers to cope with stress, build resilience, and support teams. Hire us: naminyc.org/workplace.

CREATING CULTURALLY RESPONSIVE PROGRAMS

Hispanic, Asian, and Black U.S. adults report difficulty finding a mental health provider who understands their backgrounds and experiences. NAMI-NYC launched **Family-to-Family for the African American Community** and **Family-to-Family in Chinese**. We've also expanded **Family Match for Spanish-language speakers**.

NAMI-NYC

At-A-Glance



ENDING THE SILENCE STUDENT DEMOGRAPHICS

WHY PEOPLE CALL **OUR HELPLINE**

- Mental health resource or referral
- NAMI-NYC programs
- Someone to talk to

We Are **Peer-Led, Peer-Run**

PAM'S JOURNEY

▶ **Spring 2005: Reaching Out for Support**

Pam Solomon's journey with NAMI-NYC began when she sought help for herself and for her own family. Unsure of where to turn, she called the **NAMI-NYC Helpline** for guidance. This moment changed her life. Pam was encouraged to join the **Family & Friends support group**, where she found understanding she had never experienced before.

▶ **Fall 2005: Finding Empowerment Through Education**

Later that year, Pam enrolled in the **Family-to-Family** class, an experience that would become a turning point in her life. Before NAMI-NYC, Pam felt isolated, not knowing anyone else who shared her struggles with mental illness in their family. Through the **Family-to-Family** class, Pam discovered she was not alone. She learned practical coping skills and found a community of people who truly understood what she was going through.

Scan the QR code to watch Pam's full journey.





“I'm most proud of accepting help when NAMI-NYC offered it to me. It changed my life.”

- Pam Solomon, NAMI-NYC Senior Education Specialist

► **2007: Becoming a Volunteer**

Empowered by what she had learned and the support she received, Pam felt called to give back. **She spent the next two years volunteering at NAMI-NYC**, sharing her knowledge and helping others navigate the complexities of mental illness. In 2008, her dedication and passion were recognized when she joined NAMI-NYC as a full-time staff member.

► **2008–2024: Teaching and Mentoring Across the Nation**

Over the years, Pam has become a trusted mentor and teacher, leading various NAMI-NYC programs, including **Basics**, **Peer-to-Peer**, and **Family-to-Family**. Her impact extends beyond New York City, as she has trained facilitators statewide and nationally, helping to build a network of support for countless families and individuals affected by mental illness.

► **2024: A Lifelong Dedication to Family Support**

Now, after nearly two decades of service, Pam serves as NAMI-NYC's Senior Education Specialist. Her journey has come full circle—she sought help, and now she provides it to others. As a teacher, mentor, and coach, **Pam has touched the lives of hundreds of families**. She embodies the belief that family support can change lives, and **her story proves just how powerful that support can be**.

How to **Support NAMI-NYC**



Donate Now: Support our free mental health programs with a one-time or recurring donation using the remit envelope or visiting naminyc.org/donate. You can also give Donor Advised Funds, appreciated stocks, and cryptocurrency on our website.

Fundraiser Events: Join us for our NAMIWalks NYC & Mental Health Street Fest in May or our NAMI-NYC Gala in the fall! Learn more at: naminyc.org/events.

Planned Giving: Designate us as a beneficiary in your will, trust, or retirement account.

Honor Loved Ones: Recognize family and friends by making a gift in their name and support NAMI-NYC's mission.

“I felt very understood and heard. My mentor was able to provide me with proof that I am not alone.”
- Family Match participant



Scan the QR code to donate and support our life-saving programs for individuals and families.
You make hope possible!

“It isn't easy reaching out for help. Someone listened and responded with compassion. They gave me resources and a way forward. That was priceless.”
-Helpline Caller

Major Donor Society: Join the *Healing Hope Circle*, a select group of NAMI-NYC's most generous supporters. Your transformative gift helps provide free mental health programs and comes with exclusive benefits.

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/who-we-are/leadership-circle/.

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

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



