

NAMI



NYC



IMPACT REPORT

FISCAL YEAR 2026



BRINGING NEW YORKERS HOPE

Whether you're supporting a loved one or facing your own struggles, the National Alliance on Mental Illness of New York City (NAMI-NYC) is a place where hope takes root.

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. We provide free classes, support groups, family mentoring, a multilingual Helpline, and public education. No barriers. No cost. Just support when people need it most.

This was my first full year leading NAMI-NYC and I've seen what this community is capable of. We deepened our reach across five boroughs, expanded our programs, and kept all of our services free.

In the year ahead, we will keep meeting New Yorkers where they are and reaching those who don't yet know we are here. We could not open those doors and show up for our community without you. Thank you for your generosity, time, and belief in our mission.

With gratitude,
Maggie G. Mortali, CEO of NAMI-NYC



**“This was my first
full year leading
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I’ve seen what this
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is capable of.”**



A YEAR OF IMPACT



ADVOCATING TOGETHER

1 in 5 teens nationally engage in advocacy. This year, **53 Youth Council Members and 22 Teen Advocacy Ambassadors** volunteered through our growing teen mental health programs.

CREATING HEALTHY WORKPLACES

Nearly half of employees are concerned about being judged on their mental health struggles. This year, our Workplace Mental Health Collaborative provided over **76 trainings** addressing mental health stigma.



INCREASING LANGUAGE ACCESS

Historically underserved New Yorkers continue to face barriers to care. **We expanded Spanish language programs** across Family Match, Support Groups, Ending the Silence, and our Helpline.

BY THE NUMBERS

696K+
people reached

634.3K+
digital reach

36.7K+
in programs

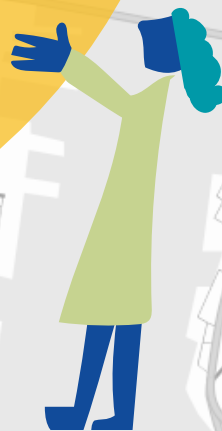
25K+
social media followers

7,350

people reached
at community
events

6,780

Helpline
interactions





1,514

**class & seminar
participants**

1,255

**support group
attendees**

287

**Advocacy
Ambassadors**

1,779

**youth peer
support
interactions**

6,050

**attendees at
educational
presentations**

3,619

**Workplace Mental
Health training
participants**

1,004

**Family Match
calls**



"I learned that many people struggle and there are so many ways to get help."
- IOOV Attendee

92% of In Our Own Voice attendees found the presentation helpful

VOLUNTEER SPOTLIGHT

Just as he was starting out as a comedian, John was diagnosed with bipolar disorder and feared it would end his career. For a long time, John tried to outrun his diagnosis. **"The truth is, not making my mental health central to my life is what held me back,"** he shared.

As John prioritized his mental health and began incorporating his experiences with bipolar into his comedy, he discovered that sharing his story could help others feel less alone and open the door to conversations about mental illness.

Today, through his comedy and work with NAMI-NYC's In Our Own Voice program, John uses humor and his own experience with recovery to destigmatize mental illness and give hope to others.



A PATH TOWARDS HOPE

01

HELPLINE

A place to start. For many, contacting our Helpline is a first step to seek support, understanding, and resources. Our Helpline will connect them to resources in the mental healthcare system and within NAMI-NYC.

**"NAMI-NYC
saved my life. I'm
forever grateful
for the help
and resources
provided."**
- Helpline Caller

SUPPORT GROUPS & FAMILY MATCH

A comfortable landing. Looking for connection, people will turn to our Support Groups or Family Match to share their lived experience and relate to others going through similar things.

**96% of Family
Match participants
felt emotionally
supported**

02

03

CLASSES

A need for knowledge. Many want to know more about their loved one's mental illness or their own. In NAMI-NYC Classes, they learn practical tools to build confidence for the road ahead.

**"My whole wellbeing
as a caretaker has
changed for the better."**
*- Family-to-Family
Participant*

VOLUNTEERING

A full circle moment. After going through many programs, our community members are inspired to give back. They become volunteer Advocacy Ambassadors, presenters, and teachers.

04





“This group is a community and safe space to discuss my mental illness and how it impacts me.”

- Support Group Participant

96% of Support Group participants would recommend to others

VOLUNTEER SPOTLIGHT

During the pandemic, as the world slowed down and isolation became the norm, Imani's mental health took a sharp turn. **Imani struggled to find a community where she could speak openly about her mental health until she came across the Young Adult support group at NAMI-NYC.** In that room, she found something she didn't have before: peers who reminded her that she was not alone.

With this support, **Imani began to rebuild and felt moved to do more. Imani became a dedicated NAMI-NYC Advocacy Ambassador.** Now, she speaks openly about living with mental illness to challenge stigma. She advocates for comprehensive, affordable mental health services for all.



OUR SUPPORTERS

100% of Family Support Group
participants connected with
people going through similar
experiences

Adam Carril
AJ Hartman
Alexandra Levine
Alexia Martinez
Andrew Palmieri
Anna Fisch
Anne Blasberg
Arabella Advisors
Aubrey Robinson
Axsome Therapeutics
Barbara Spitzer
Barry Klaus
Benjamin Alire
Brendan Gay
Brian Altemus
Brigid Angelini
Bryana Wise
Caroline Crider
Caytha Jentis
Charlotte Barnes
Charlotte Crider
Children's Aid Society
Chirag Patel

Chris Condelles
Cohen & Steers
Colleen Lauria
Courtney White
Dalio Philanthropies
Dana Weingarten
Danielle Sanjenis
Darian Ehsani
David and Kara Salit
David Feuerstein
Debra Hagan
Dextra Baldwin
McGonagle
Foundation Inc.
Diana Ordorica
Diane Drey
Dietmar Serbee
Drew Train
Eliana Swell
Emily McCord
Emily Smith
Estée Lauder
Companies Inc.
Ethan Lindley

Eugenie Greeff
Faizan Younus
Fox Corporation
Fritz Zaegel
Future Standard
Gerry Spitzer
Gina & Tom Anderson
Glenn August
Heather and
William C Vratton
Helen Young
Herbert Smith
Freehills Kramer
(US) LLP
Howard Spilko
HuffPost
ING Americas
Ivan Lehon and
Tal Kastner
Jake Johns
Jamshid Ehsani
Jason Moyer
Jeffrey Schoenfeld
and Matt Holbein
Jennifer Chen Evans

Jennifer Lo Grasso
Jessie Alchek
John McGowan
Joseph Kusiak
Joseph LaSala
Josh Keitelman
Joshua Neren
Katherine Kar
Katherine Ponte
Katie Quagliano
Kaya Hirsch
Kevin Meehan
Kids Rock for Kids Inc.
Kimberly Cramer
Lauren and Alex
Garbuio
Lauren B. Cramer
Lauren Layman
Layne Zaegel
Linda Schur Scalett
Linneman Family
Foundation
Louis Hou
Louisa Li

OUR SUPPORTERS

Lucas Schodowski

Lydia and Eric Muller

Maddie White

Madeline Rublee

Maggie Mortali

The MagMurph Family
Fund

Magnitude Capital,
LLC.

Mariel Taylor

Martha Hahn-Fournier
in memory of
George T Fournier

Megan Wells

Michael Schwartz

Michael Stabinski

Michelle Tenzyk

Monshaw Family

The Murray G. And
Beatrice H. Sherman
Charitable Trust

Myrna Chao

Nathan Romano and
Stine Welhaven

New York
Psychotherapy &
Counseling Center

NewYork-Presbyterian

Nina McGowan

Oak Foundation

Olivia Pasquinelli and
Joe DiGennaro

Oxford Properties
Group

Polly Brandmeyer

Publicis Health

Puget Sound Clean
Air Agency

Rachel Byrd

Rachel Fulton

The Rawald Family

The Renate, Hans &
Maria Hofmann Trust

Richard Reyle

Risa Fox

Robert Rosen and
Marcia Golub

Robin Finkelstein

Romenesa
Foundation

Rose Andrez

Sally Carrasco



Sam Schwartz

Samantha Stogsdill

Samuel Green

Sara Meltzer

Sarah Sheahan

Schwarzman Animal
Medical Center

Scott Taxman

Sean Meehan

Shannon O'Neil

Shelley and Steven
Einhorn

Stacy and Jason
Helfstein

Tara and Shahram
Mahini

In memory of
Timothy B Price

Timothy L. Barefield

Tom and Peggy White

UBS

UnitedHealthcare
Community Plan

Victoria Baran

Vishal Bakshi

Wedding Industry
Professionals
Association NY



WAYS TO SUPPORT

DONATE NOW: Make a one-time or recurring gift. You can also give through Donor Advised Funds on our website.

MAJOR GIFTS: Partner with us to sustain and grow our free programs.

FUNDRAISER EVENTS: Join us for our NAMIWalks NYC + Mental Health Street Fest in May or our Gala in the fall!

HONOR LOVED ONES: Give in memory or celebration of family and friends by making a gift in their name.

CORPORATE GIVING: Sponsor an event, match employee gifts, or host workplace mental health trainings.

“I found awesome friendships and a place where I can speak openly about mental health.”
- Youth Program Participant



**SCAN THE QR CODE TO SUPPORT OUR
LIFE-SAVING PROGRAMS.
YOU MAKE HOPE POSSIBLE!**



National Alliance on Mental Illness of New York City

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