

The **National Alliance on Mental Illness of Massachusetts (NAMI Mass)** is a grassroots, statewide nonprofit dedicated to improving the lives of those impacted by mental health conditions and their families and loved ones. NAMI Mass is the state's voice on mental health through its policy advocacy work, elevating the voices of those with lived experience. We offer education, support and advocacy programming for all state residents, free-of-charge. Founded in 1982, we are celebrating our 40th Anniversary in 2022.



Community Education & Outreach

Programs and presentations offered around the state, highlighting the stories of those living with mental health conditions and their families.

IN OUR OWN VOICE

187 PRESENTATIONS

5467 AUDIENCE

SPECIFIC AUDIENCES

1512 PEOPLE ATTENDED PRESENTATIONS IN THEIR WORKPLACE

889 PEOPLE ATTENDED PRESENTATIONS AT THEIR COLLEGE OR UNIVERSITY

873 PEOPLE ATTENDED PRESENTATIONS IN THE HEALTHCARE SECTOR

"As someone who also has mental health diagnoses, just being in a space with people talking openly about their experiences was really validating for me. The strategies the speakers shared for organizations and supervisors to better support staff were super helpful."

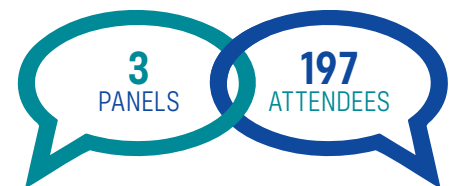
EMPLOYEE WHO PARTICIPATED IN IN OUR OWN VOICE AT WORK

WORK IN SCHOOLS

Professional Development Course for **Educators on Mental Health** (Allies for Student Mental Health and In Our Own Voice)

"This was very useful and is making me think differently about student behavior in the classroom." HIGH SCHOOL TEACHER

256 K-12 EDUCATORS
189 MIDDLE & HIGH SCHOOL STUDENTS ATTENDED EITHER IN OUR OWN VOICE OR ENDING THE SILENCE



COMMUNITY CONVERSATIONS TALKING ABOUT MENTAL HEALTH FOR ALL

In the spring of 2021, NAMI Massachusetts launched a series of panels that ask the question, "What does it mean to truly achieve Mental Health for All?"

We held three panels:

- BIPOC, May 2021
- LGBTQ+, June 2021
- Young Adults, November 2021

We invited these communities to discuss issues of stigma, access, inequity, challenges, and healing. One theme that emerged was the enormous impact that the social determinants have on mental health and healing. We are continuing these conversations in 2022.

WORK WITH LAW ENFORCEMENT

Crisis Intervention Team Training

455 OFFICERS TRAINED

137 POLICE DEPARTMENTS

597 PUBLIC SAFETY OFFICERS IN TOTAL (POLICE OFFICERS, DISPATCHERS, CORRECTIONS OFFICERS, ETC)

"Hearing the speaker share their story was a powerful example for why these de-escalation techniques matter and showed that using them can truly save lives."

OFFICER FROM DEDHAM CIT TRAINING

Education & Support

Classes and support groups for those impacted by mental health conditions and their families, based on a peer-to-peer model, and offered through the 17 local affiliates across the state.

FAMILY-2-FAMILY
 FREE 8-WEEK COURSE
23 CLASSES
359 PARTICIPANTS
12 NEW TEACHERS TRAINED

CONNECTION RECOVERY SUPPORT GROUPS

660 GROUPS IN 2021
5280 PARTICIPANTS
53 FACILITATORS TRAINED
 Some groups focus on a specific demographic or a specific diagnosis.

FAMILY SUPPORT GROUPS

49
 GROUPS PER MONTH
4623
 PARTICIPANTS
14
 NEW FACILITATORS TRAINED

Some family/caregiver groups focus on a specific demographic and some on a specific diagnosis.

PEER-2-PEER

FREE 8-WEEK COURSE
14 CLASSES
180 PARTICIPANTS



2307
 INQUIRIES

TOP TOPICS

- ▶ finding mental health treatment
- ▶ finding peer support
- ▶ navigating a mental crisis
- ▶ finding housing
- ▶ dealing with a legal system
- ▶ finding family support

...We would be at a complete loss if there weren't people and organizations like yours to reach out to..."

"Thanks for taking the time to talk to me...I think it is the first time I ever felt listened to..."

WEBSITE UNIQUE VISITORS

60,096

BEING SOCIAL



TWITTER
21K+

FACEBOOK
6K+

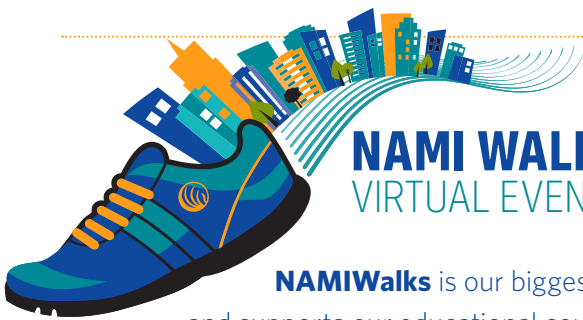


INSTAGRAM
3.4K+

LINKED IN
3K+



NEWSLETTER SUBSCRIBERS
15200



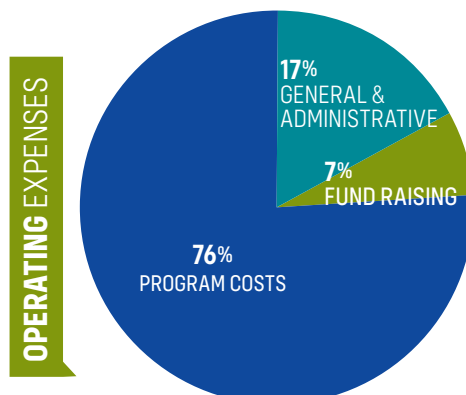
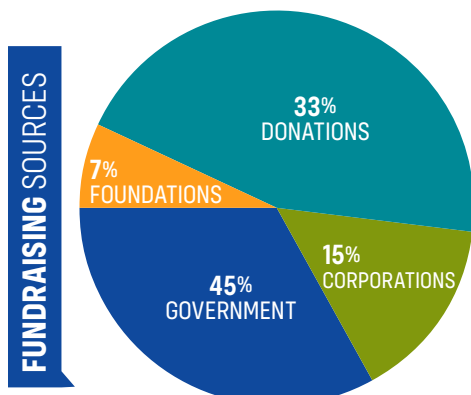
NAMI WALKS YOUR WAY VIRTUAL EVENT

NAMIWalks is our biggest fundraiser and supports our educational courses, support groups, helpline, community education and outreach programs, and our advocacy efforts.

\$560,000+
 RAISED

+/- 1000
 PARTICIPANTS

2021 Financial Information



nami
 National Alliance on Mental Illness
 Massachusetts

331 Montvale Avenue
 Suite 200
 Woburn, MA 01801
 namimass.org