

2024



nami
National Alliance on Mental Illness
Massachusetts

IMPACT REPORT

The National Alliance on Mental Illness of Massachusetts (NAMI Massachusetts) is a nonprofit grassroots organizations founded in 1982.

OUR MISSION: We seek to improve the quality of life for people living with mental health conditions, their families, and their caregivers. We work to ensure that all people impacted by a mental health condition receive the support they need when they need it. We use our voice as people and families with lived experience to challenge discrimination and advocate for a more equitable and just world.

EDUCATION AND SUPPORT PROGRAMS

45 Program Leaders Trained

We offer free 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.



Connection Recovery Support Groups

672 Groups Run
3344 Participants



Family-to-Family (F2F) 8-Week Course

23 Classes
226 Participants

Family Support Groups

630 Groups Run
3734 Participants



NAMI Basics
6-Week Course
2 Classes
26 Participants



SOCIALS



237,435
Website Visitors

92,876
Active Users

TOTAL FOLLOWERS



7.4K+



4K+



3.8K+

COMMUNITY EDUCATION & OUTREACH

"Hearing first person accounts and experiences is the most impactful and helpful way to understand mental health."

Sharing Our Stories (SOS)

A public presentation by family members of people living with a mental health condition



24 Presentations

580 Audience Members

In Our Own Voice (IOOV)

A public presentation by individuals with lived experience of a mental health condition.



IOOV audience member, October 2024

K-12 Schools Programming

A public presentation for school-based audiences, including students, teachers, & families.

21 Events

3,205 Estimated People Reached



Sharing Your Story with Law Enforcement (SYSLE)

A presentation for police departments by individuals with lived experience of mental health or substance use conditions and/or their family members.

35 Presentations

904 Audience Members



COMPASS HELPLINE

5068 Inquiries to our Helpline

Top Topics

- Legal system
- Finding treatment
- Peer support
- Housing
- Family support
- Crisis



NAMIWALKS MASSACHUSETTS

NAMI Walks is our biggest fundraiser and supports our education classes, support groups, resources helpline, community education and outreach programs, and our grassroots advocacy efforts.



\$576,000
Raised

NEW LEADERSHIP



In 2024, NAMI Mass appointed Eliza T. Williamson as Executive Director. With 13 years at NAMI Mass and over two decades in Massachusetts' non-profit sector, she brings expertise in advocacy, training, and curriculum development to support individuals facing mental health challenges, trauma, and systemic oppression. As a queer woman who has experienced discrimination and mental health struggles, she understands both the system's harms and its potential for healing.

"NAMI Mass helped me find ways to give voice to my lived experience – not only as proof that recovery was possible, and as a vehicle to promote understanding and reduce stigma, but also to share the wisdom gleaned from overcoming great struggle. It is this

passion and experience that fuels my commitment to NAMI Mass and to ensuring that the voices of those most impacted are central to conversations shaping the future of mental health." - **Eliza T. Williamson**