

The National Alliance on Mental Illness of Massachusetts (NAMI Massachusetts) is a nonprofit grassroots organization 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.

COMMUNITY EDUCATION & OUTREACH

20 Speakers trained 

Provides mental health education that increases awareness and reduces stigma, while supporting broader outreach efforts and youth-driven initiatives.

Sharing Our Stories (SOS)

32 Presentations
730 Audience Members

In Our Own Voice (IOOV)

229 Presentations
3,927 Audience Members

K-12 School Programming

28 Events
978 Estimated People Reached

Sharing Your Story with Law Enforcement (SYSLE)

37 Presentations
544 Audience Members

Youth & Young Adult Programs

NAMI On Campus
Doubled from 2024

4 Chapters

First NEXGEN Youth Advisory Council

10 Members



Learn more about our programs



45 Program Leaders Trained

EDUCATION & SUPPORT

Free, peer-led programs that empower individuals and families through education, resources, and community connection.

NAMI Basics 6-Week Course

3 Classes
24 Graduates



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

19 Classes
208 Graduates



Family Support Groups (FSG)

673 Meetings
4,062 Participants



Connection Recovery Support Groups

564 Meetings
2,109 Participants



COMPASS HELPLINE

Provides information, ideas, resources, and support to help people navigate the complex mental health care system and related systems of care.

3,658 Inquiries to our Helpline



Top Topics

- Housing
- Mental health treatment
- Legal system
- Peer support
- Crisis
- Family support



\$447,772
Raised



134
Teams

NAMIWalks Massachusetts

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



1491
Walkers

ADVOCACY

14 Legislative priorities



Our advocacy work centers on state and local policy, empowering community members to engage in legislative and budget initiatives that expand access to mental health care and strengthen connections with their lawmakers.

100+ Advocates met with legislators



500+ Advocacy emails sent, urging legislators to improve mental health policy



\$19M In full funding secured for the Jail Diversion Program



TOTAL FOLLOWERS



7.7K+

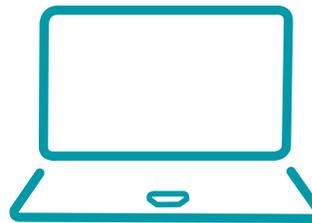


4.4K+



4K+

SOCIALS



193,000 Active Users

82,500 Website Visitors

MESSAGE FROM OUR EXECUTIVE DIRECTOR

In a year marked by unprecedented challenges to mental health services—from federal uncertainty to state budget cuts—NAMI Massachusetts answered the call. Our support groups expanded to meet surging demand, our Compass calls increased month over month, and we brought new voices into the conversation through virtual community programming that reaches every corner of the Commonwealth. As mental health needs have never been greater, neither has our resolve: we kept every service free and accessible, integrated lived experience into every program, and stood firm in our advocacy for the people and families who depend on us. This is what it means to show up as a community.

