

## YOU Care About the Mental Health and Wellbeing of THIS Community

YOUR GENEROSITY CHANGES LIVES



### A Family's Pain Turns into Healing and Empowerment

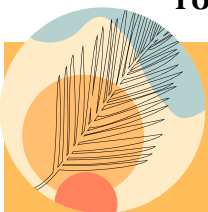
Alma is a single mother raising an eight-year-old son and three-year-old twins. She lives in Watsonville, where she is a seasonal migrant worker. When her oldest son's psychotic episodes began, she says, "I did not understand what was happening to my son. I did not know where his behaviors were coming from. It was difficult, I cried a lot. **I felt alone and did not know how to help him.**" Alma struggled with managing his behavior. "Back then," she says, "I was under a lot of stress...I did not know anything about mental illness." Alma turned to a trusted teacher and was soon referred to a psychiatrist and NAMI's Spanish Family Support Group.

After attending the support group, Alma enrolled in and completed NAMI's De Familia a Familia Class. The class gave her the tools she needs to care for herself and her family, as well as the confidence to use them. Her relationship with her son improved and she learned the essential value of her own self-care. **"Now that I have learned to really listen to him and focus on his feelings and emotions, he feels better, more secure and protected. He is learning about his condition and participates willingly in his treatment."** Alma says that her family life now is calmer and happier. She is now enrolled in NAMI's Basics and Fundamentals Class to continue her journey to support her family.

Your support gives Alma's family the tools and resources they need to thrive.

*Inclusion. Empowerment. Compassion*

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## In the last 6 MONTHS alone, YOUR giving made THIS happen!

- **Over 350** callers in crisis found support on NAMI's Help Line.
- **600** middle and high school students and staff learned the importance of mental health care and went from feeling isolated to connected and supported.
- **135** Families and Caregivers supporting a loved one with a mental health condition found a safe space, tools and community in NAMI support groups (in English and Spanish).
- **130** people struggling with mental health found connection and resources in Peer Support Groups (in English and Spanish).
- **37** Families gained critical knowledge about mental illness and found empowerment and hope in NAMI Classes.



### A Mother Finds Hope and Community

Lauren's family values time together above all else. It's the regular things like cooking, walking, or painting together that bring them joy. When her oldest daughter began experiencing serious mental health challenges in college, Lauren and her husband Rob struggled to support their daughter and each other. Lauren said, **"I didn't exactly understand what was happening...I felt overwhelmed and alone."** When her daughter's health issues escalated to psychotic episodes and a stay in the hospital, Lauren and Rob found NAMI's Caregiver Support Groups. There they found hope. **"At the time I felt so hopeless – I didn't know if we would ever have our daughter back,"** she said. They also found community, "We could be REAL about what was going on in our lives – you feel very alone and isolated...it's not something we talk about in daily life."

Lauren's daughter is now recently married. She is living in recovery and thriving. Their family plans to continue attending NAMI support groups where, **because of you**, they have found meaningful connections and hope.



**Make Another Meaningful Gift Today**  
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