



**You helped NAMI SCC
serve 9,488 people
since July 2021!**

465

Help Line callers received compassionate support and crucial resources in Spanish and English.

426

Families found hope, community and essential tools to support their child or family member with a mental health condition.

156

Adults connected with peers and found empowering mental health support and education.

299

Community members, law enforcement officers and providers received important mental health education!



8142...

The number of middle and high school students, staff and parents who learned about signs and symptoms of mental health conditions and how to seek help. Your giving made this possible!



“It is really helpful to have such an honest, supportive, kind, and compassionate place to share hard experiences. It is one of the most welcoming and supportive communities I have ever been a part of.”

- Anonymous Support Group Participant

Hope. Inclusion. Empowerment. Compassion. Fairness

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“The NAMI Family Support Groups have given me strength to carry on during the darkest time of my life.”

- Anonymous
Support Group Participant

"I'm All In"

Lisa loves to travel. She plans to visit Egypt and Ireland. She meditates every morning, practices yoga, writes poetry and paints. She simply adores her “fur baby,” a service dog named Sophie. **Like 52.9 million other adults in the US, Lisa also lives with a mental health condition.** Her journey has brought many challenges, including misdiagnosis, multiple hospitalizations and frequent suicidal ideation.

She recalls, “I was living with so much shame and guilt. **It felt like I’ve been carrying this weight of blame for my mental illness, like a backpack.** This backpack was full of all this weight of shame and self loathing.”

When she first attended a NAMI SCC peer support group, she finally found a place to belong. She says, “I feel love and acceptance when I’m there. I don’t feel shame.” Those first two weeks, she didn’t miss a single support group meeting. **“It was like someone in a boat threw me a life preserver,”** she recalls. And bit by bit, that weight of shame and guilt began to lighten.

For the first time in a very long time, Lisa doesn’t feel like there is something wrong with her. “NAMI has given me a reason to keep going through the pain, stigma, and family shame.”

Now the chance to help others through her own journey gives her hope and purpose. She is seeking training to become a certified peer support specialist, with hope to become a NAMI facilitator, a NAMI ambassador, and to advocate for others. “I’m all in.”

Lisa’s message to others who struggle with mental health conditions is that, **“there is help, there is hope, you can have a fulfilling life - full of possibilities.”**

With the generosity of caring people like you, NAMI SCC continues to help others like Lisa to reach their full potential - and thrive.



**Help more individuals and families to get the support they need.
Make a life changing gift TODAY at www.namisc.org/donate**

www.namisc.org

