



# YOU Matter

6,000 people are served county-wide thanks to YOU!

## You build

You build a community where families in our programs go from isolation to belonging.



## You create

You create a safe place where individuals dealing with mental health conditions break the silence and feel empowered.

## You Give

You give our kids hope and help them on the road to recovery.

**“I often have students tell me that these presentations are not just informative but empowering and validating. So many of my students deal with mental health issues, and it is so powerful for them to see their peers become educated and have meaningful conversations about mental health.”**

- Jamie Cutter, an educator at UCSC and Delta High School

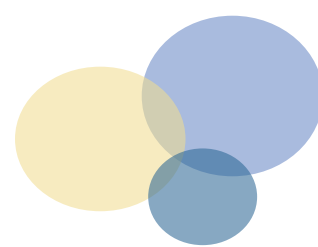
***Mental Health Matters!***  
*NAMI needs your help in order to meet the growing needs of our community and sustain our programs.*



You can **DONATE** today with the enclosed envelope or online at [www.namiscc.org](http://www.namiscc.org).

# You help families stay together!

Support • Educate • Advocate



## Healthy Youth, Healthy Futures!

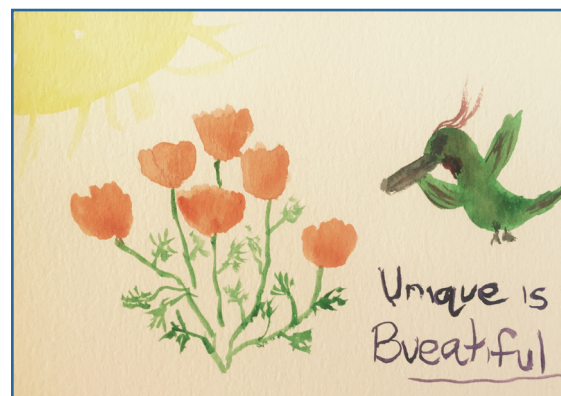
### NAMI Ending the Silence (ETS)

An interactive presentation that helps teens learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends.

62  
Ending the  
Silence  
Presentations

- “It made me speak up and it felt like **my whole true self shined again.**”
- “I was able to relate to one of the stories.”
- “Now, I will be able to help a friend.”
- “I learned the warning signs of suicide.”
- “I feel that it is a very essential for kids my age.”
- “The best part was learning about the different ways you can get help.”

- Students, Habor High



## Families have a place to be supported, because of donors like you.

“NAMI has been a touchstone for me, a place to be heard, to hear others, to be validated. NAMI helps me to understand mental illness- just is – it’s not personal, although it feels that way. NAMI has helped me to look at my daughter through different ‘lenses’. It doesn’t mean I will let her mistreat me- it just means her mental illness is expressing itself in ways even she cannot understand. NAMI is one of the ways I take care of myself, nurture myself, give myself a safe place to be a mom of child affected by mental illness. I’ve learned, most importantly- IT’S NOT MY FAULT!”

What advice would you have for others who will be taking the class?

“Hang in there! It’s a big commitment but well worth it. It will help you navigate through/around your loved ones illness. NAMI is a gift you give to yourself.”

-Family to Family Participant



Hundreds  
of family  
members were  
supported  
because of you.

Your gift is needed in order to provide sustainable programs for those affected by mental health conditions.

### Upcoming NAMI-SCC Programs:

#### Family-to-Family (for family/friends of adults with mental health challenges):

Class 1: Monday/Wednesdays, Jan. 6 - Feb. 12, 6:00 - 8:30 p.m.

Class 2: Tuesdays, Jan 7. - Mar. 24, 6:00 - 8:30 p.m.

#### Peer-to-Peer (for adults with mental health challenges)

Saturdays, Jan 11 - Feb 29, 11:00 - 1:00 p.m.

#### Basics (for Parents/Caregivers of youth 11-17 with mental health challenges)

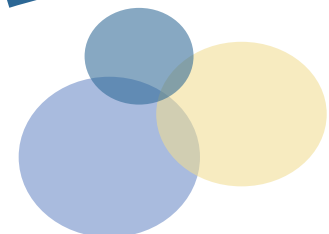
Tuesdays, Feb 25 - Mar 31, 6:00 - 8:00 p.m.

# You are helping youth thrive!

Because of you, we accomplished...



- 200 Support Groups
- 150+ “Help-line” Calls
- 10 Educational Programs
- 30 Community Presentations
- 3 CIT for Law Enforcement





# With your help, we create a caring and thriving community for ALL!



“This course cracked my heart wide open - professionally as a provider, and personally as a family member (mom). I’m now re-approaching situations with deep empathy and a focus on listening and meeting people where they are at.”

“The most impactful and meaningful training I’ve participated in while in this profession on mental health. Learning about the “humanness” of our clients and their families is essential to being an effective provider.”

- Graduates, Provider Education

## Provider Education

A no-cost course that introduces mental health professionals to the unique perspectives of people with mental health conditions and their families.

Congratulations to our 2019 Provider Education Program graduates – thanks to your gift.

24  
Graduates

*Because of your gift,* we are able to provide a 15-hour Provider Education Course for mental health professionals in Santa Cruz County.

## Your Gift Supports:

NAMI-SCC’s Ten Programs

Programs, Support Groups, and Presentations provide outstanding education, skills training, and support.

### Support Groups



### Presentations



### Education Programs



Good things happen, thanks to you!

Visit our website to learn more about our programs and upcoming events at [www.namisc.org](http://www.namisc.org).

