

2017

2017 Annual Report

YEAR OF ACCOMPLISHMENTS

*What we
accomplished
TOGETHER in
2017!*

National Alliance on Mental Illness-Greater Houston was selected as the *2017 Affiliate of the Year* by National Alliance on Mental Illness National. The *National Alliance on Mental Illness Affiliate of the Year* award is given to recognize exceptional efforts on the local level in carrying out the National Alliance on Mental Illness mission. It is the HIGHEST honor a National Alliance on Mental Illness affiliate can be awarded and we are honored to have received it through the passion of our board, the experience of our staff, the generosity of our donors, and the invaluable work of our volunteers.



National Alliance on Mental Illness-Greater Houston Receives Funding for Hurricane Harvey Relief from Deutsche Bank

Hurricane Harvey and its unprecedented rains devastated our Houston area communities, but the aftermath and the recovery process continue to weigh heavily on the hearts and minds of many Houstonians. With hammers and construction material we can repair and restore the thousands of homes and businesses that were flooded, the roofs that were compromised, and replace possessions.

What we understand at the National Alliance on Mental Illness-Greater Houston is that it will take more than contractors and repair crews to fix the *mental health of a community* that suddenly lost a great deal.

In November 2017, the National Alliance on Mental Illness-Greater Houston received \$30,000 from Deutsche Bank to fund our new *Family & Friends* education seminar to help our families recover.

Family & Friends is a NO-COST 4-hour seminar that informs and supports people who are dealing with a mental health condition. The seminars are peer-facilitated and offer information and resources to help families start their journey toward mental health recovery. Seminar leaders have personal experience with mental health conditions in their families.

As of March 2018, twelve-*Family & Friends* seminars have already been conducted throughout the Greater Houston area.

Post Harvey, folks who never struggled with mental health problems before were dealing with trauma-induced depression and anxiety at levels that interrupt their ability to function. With *Family and Friends*, we are able to help individuals and families understand mental health conditions, reduce stigma, explore treatment options and provide mental health resources so that the healing process, for mental health, begins just like our construction repair.

To find more information about the National Alliance on Mental Illness-Greater Houston's *Family and Friends* seminars, contact register@namigreaterhouston.org or call Angelina Hudson, Program Director, at 713-970-4489. Invite us to present a seminar at your location or join a seminar.



2017 National Alliance on Mental Illness Greater Houston Walk

Over 3,000 of you joined us on a beautiful May 6th day to walk for awareness, to fight stigma, to be seen and have our voices heard, to band together as the National Alliance on Mental Illness Family we are. The 2017 National Alliance on Mental Illness Walks definitely was one for the books! Over 120 teams and more than 65 sponsors raised a total of nearly \$330,000 towards the National Alliance on Mental Illness-Greater Houston's no-cost education classes, support group meetings, and community outreach programs.

Message from the President

National Alliance on Mental Illness-Greater Houston serves those affected by mental illness in the Greater Houston area and beyond so that they get the resources they need to build better lives. Our trained volunteers provide excellent free education programs, support groups and presentations for families, consumers, caregivers and the public. We also have a strong advocacy group, working to drive changes in the system. We continue to increase the types of presentations and programs we provide -- to reach diverse groups and veterans, students, teachers and Harvey survivors. We need your support so that we can reach more people who need our services all over this great metropolitan area.



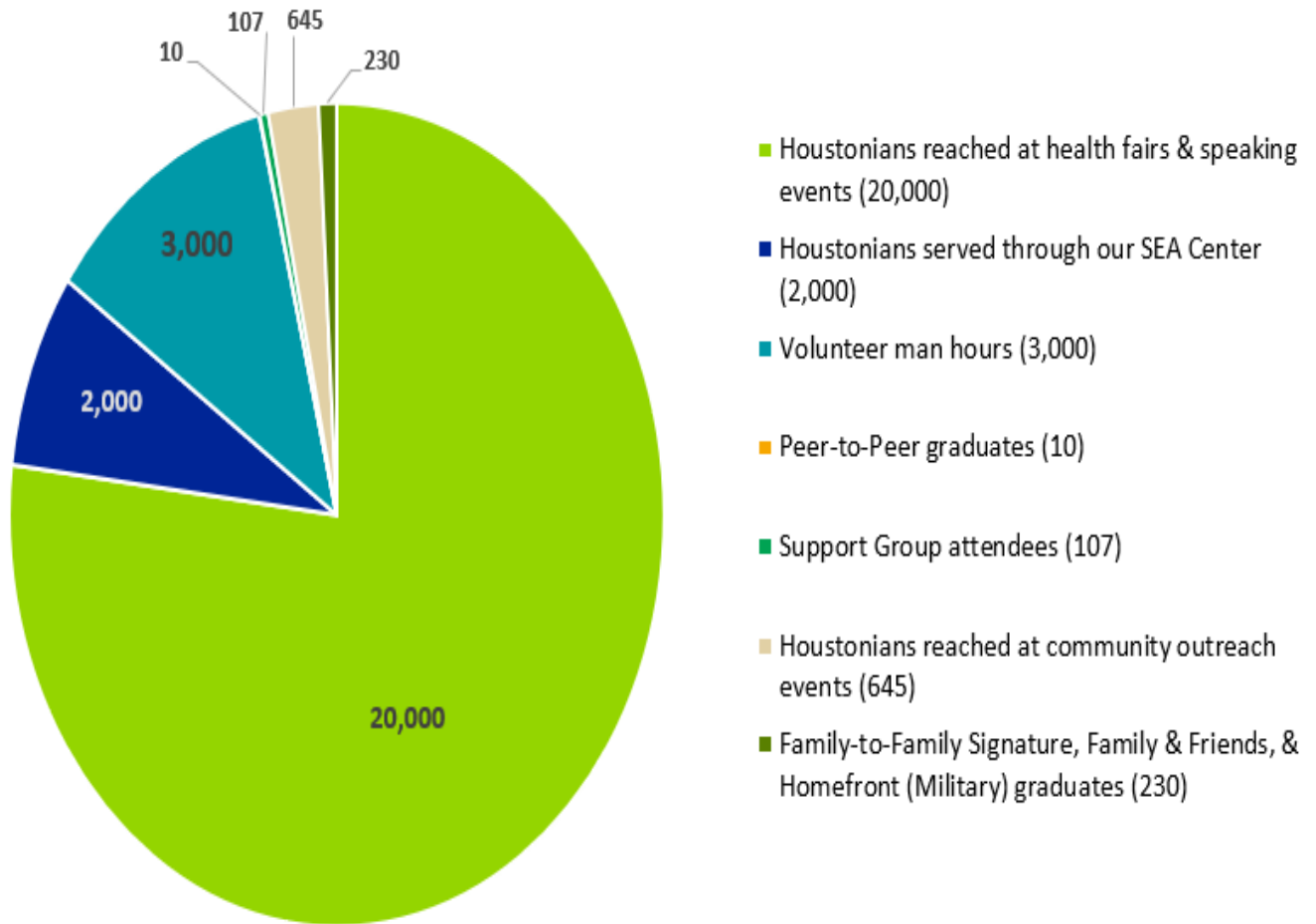
Message from the Executive Director

2017 was a trying time for the Upper Texas Gulf Coast and for our nation as a whole. From the worst natural disaster in our State's history in the form of Harvey to the increased suicide rates among our youngest of Houstonians. In fact, there are those Houstonians who we know are experiencing a mental health challenge related to the devastation wrought by Harvey, many for the first time in their lives and this, unfortunately, includes young children. In the case of Hurricane Katrina in 2005, studies showed that 30% to 50% of all Katrina survivors suffered from Post-Traumatic Stress Disorder, Major Depression, and various Anxiety Disorders. The same outcomes may hold true for our fellow Houstonians affected by the wrath of Hurricane Harvey.



At the National Alliance on Mental Illness-Greater Houston, we know homes and belongings can be replaced, but your brain cannot.

2017 NAMI Greater Houston Impact



Because of supporters like you, National Alliance on Mental Illness-Greater Houston helped over 25,000 Houstonians in 2017 live healthier, productive lives again. Our free mental health programs allow parents to parent again, provides a safe place of understanding for children living with a mental illness.



SATURDAY, MAY 5, 2018

**Sam Houston Park/Downtown
1000 Bagby St., Houston, TX 77002**

**CHECK-IN: 8:00 AM
PROGRAM: 8:30 AM
WALK: 9:00 AM**

REGISTER: www.NAMIWALKS.org/greaterhouston



Please consider making a 100% tax-deductible donation or become a monthly sustaining donor to your National Alliance on Mental Illness so that we can do even more good work in 2018!

https://namigreaterhouston.org/donate_now/ or via mail at NAMI Greater Houston;
PO Box 66270; Houston, TX 77266-6270

Thank you for your support of National Alliance on Mental Illness-Greater Houston.
All that we do, we do for you.

Together in 2018, we will again change lives!