

2018 Annual Impact Report



Greater Houston

our mission

Improve the lives of all persons affected by **mental illness** by providing support, education, and advocacy to individuals and families

4,847 individuals & families impacted this year by NAMI Greater Houston

established

1988



Impact



734

support group meetings

4 in Spanish and one in Chinese



442

educational class attendees



91

presentations & trainings



573

teens attended Ending the Silence



8,500

volunteer hours



1,350+

NAMIWalks participants

We offer programming throughout Fort Bend, Harris, and Montgomery Counties

S.E.A Center

The Support Education & Advocacy (SEA) Center is a peer-run operation dedicated to providing support, education and advocacy through opportunities and resources for individuals to help them find their own path to mental health recovery. The S.E.A. Center is open to any individual who has a mental illness or a brain disorder, as well as family members and close friends of those living with a mental illness. There is no cost or referral necessary to participate.

1400+ referrals made

Ending the Silence

Helping middle and high schoolers understand mental illness makes a big difference. We teach them about the warning signs for themselves and their friends. NAMI Ending the Silence helps raise awareness and change perceptions around mental health conditions. Through this no cost classroom presentation, students get to see the reality of living with a mental health condition. During the 50-minute presentation, a young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurt and what helped.

8 schools

573 students

18 sessions

Family & Friends

This new four-hour seminar, modeled after NAMI's Family-to-Family course, was piloted in rural and jail settings this fall with great success. The seminar provides family members and friends with a snapshot of symptoms, challenges and recovery options while connecting them to other NAMI Greater Houston programming and local community resources.

12 locations

162 attendees