

The National Alliance on Mental Illness (NAMI) San Antonio provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.

## 2020 Impact : During a Pandemic

*"Mental health... is not a destination, but a process. It's about how you drive, not where you're going." – Noam Shpancer, PhD*



8,051

LIVES IMPACTED  
BY SOCIAL MEDIA



922

SUPPORT GROUP  
PARTICIPANTS



307

LIVES IMPACTED THROUGH  
COMMUNITY PRESENTATIONS



1,024

LIVES IMPACTED  
THROUGH COMMUNITY  
OUTREACH



37

NEW  
LEADERS



13,901

WEBSITE VISITS



2,500+

PATHWAYS TO  
HOPE  
REGISTRANTS

## Our Values



INCLUSION



HOPE



EMPOWERMENT

*"What mental health needs is more sunlight, more candor, more unashamed conversation."*  
– Glenn Close



FAIRNESS



COMPASSION



<https://www.nami-sat.org>



## OUR MISSION

*NAMI provides support, education, referral sources, public awareness, and legislative advocacy in order to build better lives.*

## OUR VISION

*NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.*

## PROGRAMS/SUPPORT GROUPS






*NAMI San Antonio provides free peer-led mental health education classes and support groups for individuals living with a mental health condition and their loved ones, as well as hosts community events.*

.....

***Education is an essential part of understanding and coping with mental illness. Our no cost educational self-help services include:***



### Get involved:

-  Become a Member
-  Volunteer
-  Be a Leader
-  Be a Sponsor
-  Donate