

OUR MISSION

NAMI North Texas is dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.

Together We Can Achieve More!



11,718 INDIVIDUALS SERVED

IMPACT



1,118

Support Group Attendees
(98 meetings)



195

Educational Class Attendees
(11 classes)



6,168

Virtual Presentation Participants



1,854

Community Webinar Participants



1,415

Ending the Silence Participants
(21 presentations to families, staff & students)



969

NAMIWalks Participants
(Virtual walkers and Livestream)

YEAR IN REVIEW

Resilience and Reflection

The year 2020 will be remembered for many reasons, the challenges we faced as well as the triumphs. No matter how difficult the year seemed there is one constant we were able to rely on, our NAMI North Texas family. If it weren't for the dedication of our community and the emergency grants we received, we would not have been able to pivot from in-person services to virtual within two weeks of the unexpected March shutdown.

The pandemic has not only proven our resilience, it has given us the opportunity to develop new approaches to raising awareness and supporting those with mental health challenges and their families. We would like to express our appreciation for our teachers and support group facilitators. They accepted the

challenge and learned a new way to strengthen our nonjudgmental, stigma-free community at a time when we were needed most. Their dedication proved essential and allowed NAMI North Texas to build a set of virtual services that will impact our community for years to come.

Along with the challenges of 2020 there is a silver lining. Once we are able to meet again in person, NAMI North Texas will continue the option of virtual services so that those unable to participate in person will be able to join us online. This will not only increase our impact on the North Texas community, it will help normalize the mental health conversation and reduce stigma.

We would like to thank the following foundations and organizations for their financial assistance during our virtual transition:

- Blue Cross Blue Shield of Texas
- Meadows Foundation
- NAMI National, NAMI Texas
- Communities Foundation of Texas
- The Rees-Jones Foundation
- The United Way
- The Union Pacific Foundation