



National Alliance on Mental Illness

NAMI | Maryland

COMMUNITY PARTNERS

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ABOUT NAMI MARYLAND

One in five of your fellow employees, customers, and neighbors are **directly affected by mental illness**. The effects on the individual and family members can be traumatic and profound. The National Alliance on Mental Illness (NAMI) of Maryland is a grassroots organization dedicated to education, support and advocacy for those affected by mental illness, their families, and the wider community. **We are the voice on mental illness in Maryland.**

NAMI Maryland works to improve the lives of those affected by mental illness. It encompasses a strong statewide network of more than 48,000 families, individuals, community-based organizations, and service providers.

Collaborating with local NAMI affiliates, NAMI Maryland facilitates effective, free, peer-led education and support programs delivered at the local level. It is our core principle that empowering individuals and communities affected by mental illness is a critical factor in recovery, and a potent force in providing community education and bringing about systemic change.

NAMI Maryland is a unifying voice and a skilled provider of knowledge and skills at the grassroots level.



1 OUT OF 5 INDIVIDUALS ARE AFFECTED BY MENTAL ILLNESS

Mental illness does not discriminate. It can affect persons of any age, race, or socioeconomic status.

The World Health Organization reports that Depression is the top cause of disability in the United States.

In the U.S., the indirect cost of mental illness is estimated at \$193.2 billion in lost earnings. Most of that amount reflects the loss of productivity.

Share our Vision of Recovery

NAMI Maryland brings people together to tackle our community's mental health needs and to invest in lasting changes that improve lives. The partnership between the business community, citizens, and partner agencies has a strong impact on Maryland families. Together, businesses, grassroots, community-based organizations, and Maryland families will transform lives.

When people's basic mental health needs are met, they perform better at work, have a positive effect on family members and friends, and are more productive citizens in our community.

Be a champion of NAMI Maryland in your organization. Show how you care about your employees and customers, or clients, and your community.

Help Us Educate Our Community

NAMI Maryland provides:

- **Education for the Community**
Individuals and family members serve as experts to lead courses, providing knowledge and skills for coping with mental illness.
- **Advocacy for Change**
We leverage the power and networks of volunteers and partners, by hosting events such as Advocacy Day in Annapolis, in order to transform the state's mental health system and the wider community.
- **Accessible Support**
NAMI Maryland provides free family and peer support groups, creating a strong network of help, and providing tools for recovery.
- **Public Awareness Events**
NAMI leads public awareness events, such as Mental Illness Awareness Week and NAMIWalks, in order to fight against stigma and create community understanding of mental illness.

Participants share their thoughts on NAMI programs:

"I feel more optimistic about my future and I've been motivated into getting back in charge of my own life from the new knowledge that was provided to me."

- **Peer-to-Peer trainee**

"The information that was given has helped me use coping skills and has shown me how my son feels. It has given me a different perspective."

-**Family-to-Family trainee**

"I have learned a great deal about mental illness and its effect on my loved one and myself. I have found comfort in finding others that are in the same or similar situation as my own."

-**Family-to-Family trainee**





BEING A NAMI COMMUNITY PARTNER IN MARYLAND

Your commitment to become a NAMI Maryland Community Partner indicates your desire to be a critical investor in your community. Together, we will demonstrate the importance of community awareness and motivate employees to participate.

Here are just a few ways you can join us in this effort:

- Commit to making a NAMI Maryland mental health awareness campaign a priority in your company
- Provide information and access to peer support and education
- Make payroll deductions for donations to NAMI Maryland available to your employees
- Create a company Walk team for the NAMIWalks Maryland
- Offer incentives or prizes for employees who participate with NAMI
- Create awareness about NAMI and NAMI programs throughout your company
- Commit to a Contribution or a Matching Employee Gift program

NAMI Community Partners in Maryland is a program developed by NAMI Maryland to provide a charitable giving platform for businesses and organizations. Set an example and make a difference in our community with a corporate donation to NAMI Maryland. **All partners receive a plaque for display at your workplace that recognizes the level of partnership.**

Premier Partner (\$15,000)

- Wellness workshop for employees provided by NAMI Maryland
- NAMI Maryland will work with your company to create a strategy to destigmatize and improve mental health for your employees
- Listed as a Premier Partner on NAMI Maryland's website with logo and link
- Prominent name and logo placement at:
 - NAMIWalks Maryland
 - Annual Education Conference (two gratis tickets)
 - Annual Awards Dinner (two gratis tickets)
 - All Voices of Experience events (four gratis VIP reception tickets)
- Listed in NAMI Maryland's Annual Report, quarterly newsletter and monthly e-news
- Press Release highlighting partnership

Community Change Partner (\$10,000)

- Wellness workshop for employees provided by NAMI Maryland
- NAMI Maryland will work with your company to create a strategy to destigmatize and improve mental health for your employees
- Listed as a Community Change Partner on NAMI Maryland's website with logo and link
- Name and logo placement at:
 - NAMIWalks Maryland
 - Annual Education Conference (two gratis tickets)

- One Voices of Experience event (four gratis VIP reception tickets)
- Listed in NAMI Maryland's Annual Report, quarterly newsletter and monthly e-news

Leadership Partner (\$7,500)

- Wellness workshop for employees provided by NAMI Maryland
- NAMI Maryland will provide plan to destigmatize and improve mental health to your employees
- Listed as a Leadership Partner on NAMI Maryland's website with logo and link
- Name and logo placement at:
 - NAMIWalks Maryland
 - Annual Education Conference (two gratis tickets)
- Listed in NAMI Maryland's Annual Report, quarterly newsletter and monthly e-news

Supporting Partner (\$5,000)

- Basic presentation about mental health and mental health disorders to your employees
- NAMI Maryland will provide resources for destigmatization and improvement of mental health in the workplace
- Listed as a Supporting Partner on NAMI Maryland's website with logo and link
- Name and logo placement at the Annual Education Conference (with two gratis tickets)
- Listed in NAMI Maryland's Annual Report, quarterly newsletter and monthly e-news

Iris Partner (\$2,500)

- Presentation about mental health and mental health disorders to your employees
- NAMI Maryland will provide digital resources about mental health for your employees
- Name and logo placement at one Voices of Experience event (four gratis VIP reception tickets)
- Listed as an Iris Partner on NAMI Maryland's website with logo and link
- Listed in NAMI Maryland's Annual Report, quarterly newsletter and monthly e-news

Wild Iris Partner (\$1,000)

- Four gratis tickets to a Voices of Experience VIP reception
- Listed as a Wild Iris Partner on NAMI Maryland's website with logo and link
- Listed in NAMI Maryland's Annual Report, quarterly newsletter and monthly e-news





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