1 out of 5
ADULTS 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 four of the 10 leading causes of disability in the United States are mental disorders.

Returning combat veterans are experiencing very high rates of serious mental illness, suicide, addiction, homelessness and incarceration related to Post Traumatic Stress Disorder (PTSD).

The state's Medicaid and behavioral health budgets are lifelines for thousands of people in Maryland who face mental illness.

Mental health cuts actually end up costing us all even more through lost jobs, broken families, greater homelessness, increases in welfare, costs for hospital emergency rooms, schools behavioral issues, and criminal justice-related costs.

Please protect all our families and our communities now. Protect state funding for mental health care.

Treatment works!

HOPE

NAMI Maryland provides statewide education, outreach, advocacy and affiliate organizational support. We provide all trainings that allow our affiliates to provide NAMI programs.

Local NAMI Affiliates in Maryland:

NAMI Anne Arundel County

NAMI Carroll County

NAMI Frederick County

NAMI Harford County

NAMI Howard County

NAMI Kent and Queen Anne's County

NAMI Lower Shore

NAMI Metropolitan Baltimore

NAMI Montgomery County

NAMI Prince George's County

NAMI Southern Maryland

NAMI MARYLAND
10632 Little Patuxent Pkwy, Suite 454
Columbia, MD 21044

(410) 884-8691
info@namimd.org
www.namimd.org

A VOICE

nami | Maryland
National Alliance on Mental Illness

Maryland's Voice on Mental Illness

NAMI Maryland encompasses a statewide network of more than 57,000 families, individuals, community-based organizations and service providers. These members and supporters are the face and voice of the NAMI Maryland movement – families, individuals, friends and businesses – who come together to celebrate recovery, to honor those who are coping with mental illness and to combat stigma, promote awareness and advocate for others.

OUR MISSION
The mission of NAMI Maryland is to improve the quality of life for individuals with serious mental illnesses and their families.

AREAS OF INTEREST FOR OUR WORK
Returning Military Veterans and their families
Faith Community and Communities of Color
Business Community
Transitional Age Youth (emerging adults)
School Counselors
Housing and Homelessness Services
Crisis Service Providers/ Emergency Responders
Criminal Justice/ Reentry Community
Substance Use Counselors
Disparities/ Cultural Competency

Testimony from NAMI program participants:

"NAMI gave me a voice, the ability to accept my son's prognosis and strength to hold on to my sanity. I am a success story because of NAMI and thus refuse to hide behind the stigma of mental illness."
-Family-to-Family participant

"It is helpful to know that there are others with mental illness and that one is not alone in one's quest for recovery."
-Connection Recovery Group trainee

"My NAMI Peer-to-Peer class was so helpful in coming to terms with my diagnosis that now I want to share that with others."
-Peer-to-Peer trainee

2022 Advocacy Priorities

NAMI Maryland advocates for public and private resources that are needed to ensure availability, access to mental health treatment, and prevention resources throughout the state of Maryland.

In 2022, NAMI Maryland will lead advocacy efforts for individuals with mental illness and their families by focusing on the following advocacy priorities:

- **Early Intervention:** 50% of all mental illness begins by age 14, and 75% by age 24. We will work to e**nsure greater awareness and interventions to prevent mental health conditions in our youth**.

- **Access to Treatment:** 252,000 adults in Maryland did not receive needed mental health care in the last year. **NAMI Maryland will work to ensure mental health professionals are accessible and widespread throughout our state.**

- **Reducing Racial and Health Disparities:** Individuals with mental illness experience disparities in access to effective physical health treatment. They die 10-15 years earlier than the general population from physical health conditions. Individuals in underserved communities, including minority, low income, and rural, are often left without needed care, leading to worse health outcomes. **NAMI Maryland fights against discriminatory policies and advocates for improved access to effective treatment and community supports that help people focus on their health.**

- **Strengthening our Crisis Response:** Police response is not the solution for those in a mental health crisis. With your help, we will work to ensure **that individuals in crisis receive help, not handcuffs, and that we divert justice involved individuals to a health care setting.**

- Strengthen the ability of NAMI Maryland, the eleven local NAMI affiliates across Maryland, and members to advocate on behalf of our priorities.

We send out regular E-news updates with local and national news of interest on mental health topics, webinar and teleconference opportunities and events across Maryland. This is a great way to stay informed! Sign-up at www.namimd.org

NAMI Education and Support

NAMI Family-to-Family
NAMI Family-to-Family Education is a free, 8-week course for family caregivers of individuals with severe mental illnesses.

NAMI Peer-to-Peer
NAMI Peer-to-Peer is a unique learning program for people with mental illness who are interested in establishing and maintaining their wellness and recovery.

NAMI Basics
NAMI Basics is a program for relatives and caregivers of children and adolescents who developed the symptoms of mental illness prior to the age of 13 years.

NAMI Connection RECOVERY SUPPORT GROUP
NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the state of Maryland.

NAMI Family Support Group
NAMI Family Support Groups are for relatives, caregivers, and others involved with individuals with mental illness.

NAMI In Our Own Voice
In Our Own Voice is a unique public education program where two trained individual speakers share compelling personal stories about living with mental illness and achieving recovery.