

NAMI San Diego

2018

Impact Report

20,124
Helpline Calls
& Online
Chats



IMPACT

7,100
Individuals
Supported
in Recovery



IMPACT

5,200
Volunteer
Hours



IMPACT

How Can I Help?

- Give your time
- Give monetarily
- Give encouragement

5,900
Education
Class
Attendees



IMPACT

Count Me In!
I Want To Make
an Impact!

CLICK HERE TO **GIVE TODAY!**

Educate

- Cultivating compassion in the classroom
- Bringing mental health education to students



INITIATIVE

Promote


- It's OK to talk about
- Making mental health easier to discuss



INITIATIVE

Technology

- Answers at your fingertips
- Ongoing app updates to meet ever-changing needs



INITIATIVE

Growth

- Where you need us
- A friendly face in hospitals to guide you and your loved ones



INITIATIVE

OUR MISSION:

Support, educate, and advocate for individuals impacted by mental illness in San Diego and Imperial counties.

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