ABOUT NAMI SEATTLE

WHO WE ARE

Originally established as “Washington Advocates for the Mentally Ill” in 1978, we worked with other concerned groups across the country to launch a national advocacy and support organization: The National Alliance on Mental Illness, or NAMI. Today, with over 40 years of experience, NAMI is the largest grassroots mental health organization in the nation.

OUR MISSION

To address the unmet mental health needs within our community through support, referral, education, and outreach.

OUR VISION

A world where all those impacted by mental health conditions know they are not alone, and are empowered to live a fulfilling life.
Across the globe, 2019 was a year of increasing public awareness of the importance of good mental health and the growing need for easy access to affordable care- for all communities. NAMI Seattle acknowledged this need when it launched in 1978 and continues to provide a vital service to Seattle by helping those affected by mental health issues navigate the road to care, experience healing in peer-led groups, support friends and families as they care for loved ones and reduce stigma through education and personal stories of recovery.

Under the strong leadership of Executive Director, Muguette Guenneguez, and Program Manager, Katie Mahoney, 2019 was a year of relationship-building and growth for NAMI Seattle- with the goal of serving the entirety of Seattle. All neighborhoods, all communities, all economic levels and all communities of color in our city are affected and all should be aware of and easily access our free services and resources. I am proud of the work that has been done to make connections and stretch our services and excited for the work to come!

Our sense of community as a staff, board and members of NAMI Seattle is one that I value as part of my day-to day life. Having a place where mental health is discussed without stigma, without shame and with a sense of normalcy has been a vital part of my own continued work on my anxiety and serves as a model of action that I try to bring into my workplace, friendships and interactions with the world.

NAMI Seattle is a dedicated team of amazing people that helps the people of Seattle find their own tools and navigate the sometimes confusing journey towards support and treatment. **With your help, NAMI Seattle will continue to evolve into the go-to community of education, encouragement and hope to anyone in Seattle who is struggling with their own mental health or the health of their family.** This is NAMI Seattle's goal and- with the committed staff, donors, board and members- we are well on our way!

Take care,

Michele Joy Moore
President, Board of Directors
YOUR INVESTMENT AT WORK

1,181 students, teachers and caregivers learned about mental health conditions and how to get help through Ending the Silence.

More than 550 people attended stigma-fighting *In Our Own Voice* presentations.

We helped 52 community members receive King County scholarships for mental health training.

On average, 200 people found connection and support each month with NAMI Seattle support groups.

More than 500 community members connected to support groups, services and resources through Helpline.
BUILDING A BRIGHTER FUTURE

NAMI Seattle Helpline
The first episode of mental illness is a truly frightening experience, and navigating the mental health system can seem impossible for both the person affected and their loved ones. The NAMI Seattle Helpline has been a beacon of hope for those who need treatment and support, but don’t know where to turn.

Family-to-Family
When a loved one experiences a mental health crisis, the sense of powerlessness to help can be overwhelming. For those looking for answers, our NAMI Family-to-Family program is a lifeline for essential information from parents who’ve been there.

Peer-led Support
For many, first thoughts about a mental health diagnosis can cast doubt on who they are as a person. Our Peer-to-Peer class and peer support groups are led by people who have experienced that same fear, and who live every day showing that recovery is possible.

Youth Mental Health
In spite of the great need for youth mental health care, only one in five young people who could benefit from mental health treatment receive care. Ending the Silence brings youth program leaders to middle and high schools to speak courageously about mental health through personal experiences.
IN THE COMMUNITY

Addressing Mental Health Disparities

In 2019, NAMI Seattle continued to expand our support of BIPOC (Black, Indigenous, and people of color) communities through direct action.

- We hosted our first Cup of Comfort BIPOC mental health meetup at Resistencia Coffee in South Park, and continued our BIPOC community support group at Valley Cities Rainier Beach. Both groups provide a safe space where people of color can be honest and open about their mental health challenges.

- We partnered with African American Reach and Teach Health Ministries to educate faith leaders about how to help someone struggling with their mental health.

- We offered the Spanish-language version of our popular Family-to-Family class (De Familia a Familia) for the first time ever in Washington state!

Events

NAMIWalks

NAMI Seattle proudly participated in the 2019 NAMIWalks event. The Walk is the largest mental health awareness event in Washington State, with over 5,000 attendees walking and raising money for mental health. Thank you to everyone who joined us at Marina Park to stamp out stigma!

Depressed Cake Shop

NAMI Seattle’s Depressed Cake Shop was back for the eighth year running! Featuring sweet treats with grey icing and colorful insides, this pop-up bakeshop event always brings smiles to the community while breaking the stigma of mental health. Thank you to Optimism Brewery for hosting us again!
Thank you to our previous board and staff for their service to NAMI Seattle's mission: Margaret Diddams, PhD, Becca Yang, Jenna Alaskar, Maddy Noonan, Glenn McMahon, Sunny Cheng, PhD