



NAMAMI

NEWSLETTER

The National
Alliance on
Mental Illness
Seattle

SUMMER 2018

802 NW 70th Street
Seattle, WA 98117
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www.namisseattle.org



LETTER FROM THE EXECUTIVE DIRECTOR

We are living in a time of increasing polarization in our communities, and I know that we are all feeling it. I feel it. There's an anger buzzing underneath everything as people face more and more uncertainty in their lives and persecution based on their identities. It shows up in the ways we interact with each other, and the people we care about. It shows up as a focus on being right and winning, rather than building community and bringing people together for the betterment of all of us.

NAMI is a nonpartisan organization, but that does not mean that we do not take positions on policy issues – it means that we take policy positions that put our mission first. Policies that center the experiences of people impacted by mental illness, that address unmet mental health needs, and support the overall mental health of our communities.

Mental health should not be political, because mental health conditions know no party. It can happen to anyone, any family, any community. It does happen to anyone; to about 1 in 5 of us in the US, in fact. But politics and policies themselves have an impact on the mental health of individuals and our community as a whole. The choices we make as a society can positively or negatively influence the mental health of our community members.

Daily, we still see breaking news stories about immigrant families that have been separated from their children due to policies our country is enforcing. Removing children from their parents and placing them in an unfamiliar and scary detention center setting causes a deep trauma that can't be undone. We know that childhood trauma can play a significant role in the development of mental health disorders later in life. We are going to see the consequences of the decisions we make as a country today for decades or centuries, even as we see the effects of intergenerational trauma still playing out from Japanese-American internment, the Holocaust, and Native American forced boarding

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

Our Staff

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LETTER FROM THE ED (continued)

school education and colonization. I feel strongly that policies that cause trauma and trigger mental health issues are antithetical to NAMI's mission and vision.

Over the next 12 months at NAMI Seattle, we will be particularly focused on adding Spanish language capacity for our signature programs, specifically Family-to-Family, Family & Friends Seminar, and Smarts for Advocacy. We are excited to finally add bilingual Spanish speaking volunteers as Family-to-Family teachers, and will be working to add more multi-lingual folks to our outstanding cadre of volunteer Program Leaders. If you or someone you know has language skills to contribute as a Program Leader, please join us in our effort to make NAMI programs accessible for everyone and ensure that language is not a barrier to support and recovery.

I know that many of you, our NAMI Seattle supporters, care deeply about these issues and see a future where everyone has the mental health support and services they need. But I also know that we think about what it would be like to prevent mental health conditions altogether. Where we can eliminate unnecessary trauma, we bolster our chances at preventing mental illness.

Where we can't eliminate trauma or re-write the policies that create it, we can turn to support organizations doing good work. I want to draw specific attention to some of the agencies we are fortunate to have in Seattle, working hard to support our Latinx, immigrant, and refugee community members: Entre Hermanos, El Centro de la Raza, The Northwest Immigrant Rights Project, Puentes, and many others. These partners in community health are featured inside, and I hope you'll take a few moments to learn more about them, and take hope in their efforts.

In solidarity,



Ashley Fontaine, MSW
Executive Director

*NAMI official statement regarding family separations at the border,
June 20, 2018:*

NAMI, the National Alliance on Mental Illness, was created based on the foundation of family involvement and through our years of experience, we believe that strong family support is vital to a child's long-term mental health.

The forced separation of families is highly stressful and can result in trauma—and these separations can profoundly impact children who do not yet have a mental health condition, as well as those who are experiencing symptoms, by ripping away vital family support. There is growing evidence that exposing young children to trauma is toxic to the development of their brains. Traumatic experiences can negatively impact development and mental health as children grow.

NAMI joins the American Psychiatric Association, American Psychological Association, American Academy of Family Physicians and others in urging an immediate end to the practice of separating families. The future well-being of vulnerable children is at stake. We believe it's critical to children's mental health to be with their families and caregivers.

Mental Health Resources for Latinx, Immigrant, and Refugee Communities

We strive to provide resources for the diverse community in Seattle year-round, and we are focusing this edition of the newsletter on organizations serving refugee, immigrant, and Latinx community members in particular. Current events highlight how many people with these identities experience traumas that affect their mental health, and how extra challenging navigating our mental health system can be when you face language, culture, and legal barriers.

Some of the organizations featured here provide direct mental health care in the form of counseling and support groups, while others impact mental health through access to legal services, food, housing, education, and other programs that impact quality of life and support people in transitional periods.

Colectiva Legal del Pueblo

colectivalegal.org

(206) 931-1514

"Colectiva Legal del Pueblo is a non-hierarchical collective organization founded for and by undocumented immigrants working to build community leadership and power for migrant justice through legal advocacy and education."

Consejo Counseling and Referral Service

consejonew.consejocounseling.org

(206) 461-4880

"Consejo Counseling and Referral Service is an award-winning agency that has provided behavioral health services to the Latino community in the state of Washington for near four decades."

El Centro de la Raza

elcentrodelaraza.org

(206)957-4634

"El Centro de la Raza is a voice and a hub for Seattle and Martin Luther King, Jr. County's Latino community as we advocate on behalf of our people and work to achieve social justice. Through our comprehensive programs and services, we empower members of the Latino community as fully participating members of society. We also work to raise awareness with the general public, and government, business and civic leaders about the needs of the Chicano/Latino community in the United States."

Entre Hermanos

entrehermanos.org

(206)322-7700

Entre Hermanos' mission is "to promote the health and well-being of the Latino Gay, Lesbian, Bisexual, Transgender, and questioning community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building."

Kids in Need of Defense (KIND)

supportkind.org

"KIND staff and our pro bono attorney partners at law firms, corporations, and law schools nationwide represent unaccompanied immigrant and refugee children in their deportation proceedings. Together, we ensure that no child stands in court alone."

The Northwest Immigrants Rights Project

nwirp.org

(206)587-4009

"Northwest Immigrant Rights Project promotes justice by defending and advancing the rights of immigrants through direct legal services, systemic advocacy, and community education."

Puentes

puentesseattle.org

(206) 920-6933

"Puentes mobilizes mental health resources to help undocumented migrants and their families cope and flourish despite our broken immigration system. We create innovative therapeutic spaces to promote the recovery of social agency, social healing, and organize our communities towards collective immigration justice in the United States."

Refugee Women's Alliance

rewa.org

(206)721-0243

"Refugee Women's Alliance (ReWA) is an award-winning, nationally recognized nonprofit that provides holistic services to help refugee and immigrant women and families thrive. In 33 years of work with multi-cultural communities, we have refined our services to most effectively promote integration and self-sufficiency. All of our services are designed to quickly and effectively stabilize clients, promote acculturation, increase language proficiency, and improve employability.

Our services are available in over 50 languages and dialects. This means clients are paired with professionals who speak their first language and are specifically attuned to their native cultures."

Seattle Counseling Services (SCS) IRUO Program

seattlecounseling.org/iruo

(206) 323-1768

"SCS has developed IRUO, a program to serve LGBTQ immigrant, refugee and undocumented individuals in the Seattle-King County area."

How Being an Iranian Immigrant Affected My Mental Health

by Yasaman Gheidi (originally published in the Fall 2017 Advocate Magazine)

When I was young, my family and I moved from Iran to America, the land of opportunity. I left behind friends, family, delicious food, a language I spoke and understood—a life that made sense. Suddenly, I was a young child entering sixth grade in a foreign land and unprepared for what lay before me.

If I hadn't already been hyperaware that I was different, I was reminded of it every day. My thick, jet black hair, my bushy eyebrows and my long pants in the middle of summer didn't go unnoticed. I attended school with all the other children, but when they went out to play, I learned English. I would read picture books, repeatedly practicing pronunciation while all the other kids bonded and solidified friendships.

I distinctly recall sitting in math class as my teacher asked if anyone knew how to solve the problem on the board. Before I knew it, my hand was high in the air, and the teacher was doing her best to pronounce my name. This was my opportunity to show the other kids that I was smart, too. If they knew I was good at math, maybe I wouldn't be left alone when we were told to partner up. Maybe I'd be asked to sit with someone during lunch, instead of by myself. Maybe someone would talk to me during recess, so I wouldn't collect rocks alone. Here was my big chance—but when I opened my mouth, nothing came out, because I didn't know how to say the words in English.

I continued to experience situations like this that made it obvious I wasn't like the other children. Puberty was an absolute disaster, as I developed body hair that was normal in Iran but was considered excessive in America. I so desperately wanted to be included and accepted, but I couldn't find where I belonged.

Enduring Isolation

I remember running as fast as I could home from school to escape the deafening isolation that being different awarded me—only to find myself confined to my room. I often tried turning to my family for support, but my pleas for help were met with cold silence. My parents were having a tough time adjusting to our new life as well, and I often found myself the target of much of their anger. I felt utterly alone with a family that had chosen this North American life for me, but was unwilling or unprepared to help me understand it.

Instead, I would spend hours daydreaming of fairytales wherein a family who truly wanted me would come to my rescue. Sometimes, I would draw out these fairytales only to have my father walk in my room and shred all my drawings—all my friends.

Just when I thought things couldn't get any worse, one of the biggest tragedies to touch America happened: 9/11. Overnight, I went from being different to despised just because of where I was born. I never really knew what racism was before 9/11, but from that day forward, I would never forget it. I quickly learned that I was not safe thanks to my dark, Middle Eastern features, my birthplace, the language I spoke and essentially anything that made me Iranian.

I hated myself, I hated every part of my body; I had sunken so far into despair. Never had I been more confused, isolated and rejected. Every day, I faced both an internal and external hate I couldn't understand and that no child should have to understand.

This world didn't want me, and I started to think that I didn't want it, either. At the time, I didn't know what depression was, but looking back now, it's very likely that this was the start of my spiral into mental illness.



About the Author

Yasaman Gheidi is a social media influencer with an Instagram and YouTube channel called @lilmoonchildd that focuses on alternative makeup/ beauty and mental health awareness. Yasaman has used makeup as a way to express her own mental health struggles with depression and anxiety through the creation of a project called the "Inside Out Challenge," which has since gone viral. When Yasaman is not using social media, she works as an X-ray technologist in a busy hospital.

Accepting Myself

Experiences like mine are simply not forgotten, and they have contributed to my mental health battles with depression and anxiety. I may not have broken bones or visible scars, but that does not mean my illnesses are any less relevant or difficult. Each day brings its own battles, and I face them as they come. Each day, I try my best.

As I reflect on my mental health journey, I feel confident in saying that I don't blame the West, my culture, or my family for my challenges. There are

MOST VALUABLE VOLUNTEER

VOLUNTEER SPOTLIGHT

so many contributing factors to mental health conditions, just as human beings are made up of more than one characteristic. I am a woman. I am queer. I am Iranian. I am an animal lover. I am a health care professional. I am so many beautiful things.

Moving to the West was hard, but the experience was also magical. My eyes twinkled with delight as I discovered new fashion. My ears were treated to music that my lips would subconsciously mouth along to. As a child, I wasn't permitted to bathe in this individualism that the West offered, but as a young adult, I spared no expense. Once I moved away from my family, I was finally free to celebrate my creativity, my quirks and ultimately myself. The West provided me an opportunity to flourish in a way I was unlikely to do anywhere else.

After many attempts, I finally found a physician who was dedicated to helping me with my mental health battle. I'm also hoping to meet a mental health professional who will weave both my culture and my difficult upbringing into my treatment. I need a therapist who can help me work through the many challenges that accompanied shifting from a conservative Iranian culture to the liberal USA, because growing up as a multicultural woman in a place that never felt like home has most definitely affected me in ways that I continue to deal with today. For a while, I wished I weren't so different; maybe then all my pain would disappear.

But then who would I be, if not me?

Culturally competent providers understand the essential role that cultural beliefs, values, practices and attitudes play in your care. Check out NAMI's tips and advice for finding culturally competent mental health care: [nami.org/Find-Support/diverse-communities](https://www.nami.org/Find-Support/diverse-communities)

This edition's MVV: Monique Herbert, Ending the Silence Presenter



Tell us a little bit about yourself!

I'm an Ohio native who has only lived in Seattle for a couple of years, but I've loved exploring this region. I'm a writer who just published my first book on anxiety (*Anxiety, Anxiety, Why Do You Have a Hold on Me?* available on Amazon.com!) and I'm so passionate about being an advocate for mental health awareness. When I'm not writing or volunteering you can find me reading, being

active in church, or going to see plays and musicals.

Why did you choose to become an Ending the Silence presenter?

I wanted to be an Ending the Silence presenter because I knew I wanted to help make an impact with mental health awareness, and this seemed like a great way to do it. I know I would have benefitted greatly from having a program like this come to my middle or high school when I was younger so I just knew that I had to be apart of this in some way.

What has been the most fulfilling part of being in this role?

I love seeing the reactions from the students when we come in and talk to them. Even though there are times when it seems like they are not listening I know they are, because giving them this information is important to me. It's fulfilling when they tell me new things they have learned and what they are taking away from the presentation.

Has this role affected other aspects of your life (mentally, spiritually, professionally, or otherwise)?

It has definitely affected me mentally because on days when I'm struggling with my own mental health I think about the bigger picture, and actually tell myself some of the advice I give to the students on how to handle tough days. Being a presenter has also given me more confidence in myself and my public speaking ability, and I know that can be essential to my professional life as well.

What was the most memorable experience you've had so far as a presenter?

The first time I presented I was very nervous but got through it, and afterwards a student shared with me a poem they had written about mental health. It was so beautiful and I was amazed that they were able to express themselves like that, and I was honored that they felt comfortable sharing that with me. It's an experience I think I will always remember, and not just because it was my first time presenting.

If you are interested in training to become an Ending the Silence Presenter with NAMI Seattle, see <https://www.namiwa.org/index.php/programs/education-training/nami->



TOP REASONS WHY VOLUNTEERING

IS GOOD FOR YOU



IT MAKES YOU HAPPY

Research into the "Happiness Effect" shows that weekly volunteering results in a 16% increase in the happiness of volunteers - the same jump associated with a salary increase from \$20K to \$75-100K.

YOU LIVE LONGER

Studies show that volunteering for altruistic reasons can lower your risk of mortality. More volunteering causes greater gains.



IT TEMPERS PAIN

Individuals suffering from chronic pain saw decreases in pain intensity with volunteering.

YOU STRESS LESS

Feel-good hormones such as oxytocin, serotonin, and dopamine are released when you volunteer. This leads to lower stress, anxiety, and even depression.



IT DELAYS AGING

Women who volunteered periodically over the course of a 30-year period scored higher on functional ability tasks compared to those who had not.

YOU FEEL FULFILLED

In a recent national survey, 96% of volunteers reported that volunteering helped cultivate a sense of purpose in their own lives.



Why I Volunteer

by Gideon C. Elliott

The first time I tried to go to a support group, I chickened out and never made it inside the building. I went home and sobbed on my bathroom floor instead, telling myself that this was just more proof that I needed the support I was scared to try. The second time, I made it into the elevator with a man who happened to be the lead facilitator/program manager/volunteer coordinator/ every other related position, as is wont to happen in the nonprofit world. He kindly directed me to the correct room, and my life changed forever after.

I mention this, because the greatest privilege in my life has been volunteering as a peer facilitator for this same support group. After a few months of fumbling my way through a portion of the problems I was facing, I noticed that I wasn't speaking about myself at all and I began to feel that I no longer needed to attend the group. But I loved this group. **This community that ranged from 20-98 attendees a night felt like an extended family.** I'd never imagined that I could meet so many people who shared some level of experiences with me, and I did not want to lose that by leaving the group.

A few months after I found the group, I joined the organization as a peer facilitator. And my life changed forever, again. **I have learned more lessons about humility, empathy, and compassion in serving the community than at any other point in my life.**

The night of the facilitator training, the lead facilitator, another trainer, myself and three other trainees sat around the singular table in the basement that served as the organization's office. We spent some time during that training discussing what it meant to have "made it to the table" – the privileges that were inherent in being at a place where we could volunteer our time and emotional support to this organization. I'd made it to the table, physically, but until that moment I'd felt like a fraud, like everyone else in the room had their life together in ways that I never would. Hearing from people that I admired that they had struggled through some of

Visit nami-greateseattle.org/get-involved to see how you can help!

Sources: psycnet.apa.org; helpguide.org; nationalservice.gov; huffingtonpost.com

the same feelings I was working through gave me the fortitude to keep working when things got hard. It also gave me a sense of the power in storytelling and shared experiences.

In my three years with that organization, I have been privy to intimate stories from people of all different backgrounds. I have made mistakes and I have grown in my responsibilities and my understanding of what it means to give back to the community. **Participating in the support group as an attendee helped me as I was finding the words for who I was, but volunteering for the group has shaped me into who I am now.**



I have no doubt that I would not be the person that I am without this work; I would not have the job that I have now, or some of the best friends I have ever made, or the role models I look up to, or the skills not only to facilitate conversation between others, but also the skills to cope with my own emotions. I do not know if I would still be here if it were not for the opportunity to grow instead. I work for a nonprofit now that I love deeply, but **no matter what I do or where I am, I will always do my best to make time to volunteer. These are my roots and they have planted deep.**

Volunteer Opportunities at NAMI Seattle:

Listening Line: We are always looking for compassionate, dedicated individuals to answer phone calls and direct callers to further resources.

Ending the Silence: A great opportunity for young adults (age 18-35) who are in recovery to share their mental health journey with middle and high school students. This position provides a modest stipend for presentations!

In Our Own Voice: IOOV presenters talk with patients, staff, students, teachers, doctors, and other community members about how mental health has impacted themselves or their loved ones. This position provides a modest stipend for presentations!

Peer-to-Peer: P2P instructors teach an 8 week course for other individuals living with mental health conditions.

Family-to Family: F2F instructors teach a 12 week course for family members and loved ones of those living with a mental health condition.

Smarts for Advocacy: Teach others how to "make an ask" and advocate for themselves and loved ones!

Events: Looking for a way to engage with a smaller time commitment? We often need volunteers for events like the NAMI Walks, Depressed Cake Shop, and more! Email faarah@namiseattle.org if you are interested in volunteering for an upcoming event!

NAMI Seattle's Blog: Want to tell your story, talk about another aspect of mental health, or write a review for a relevant piece of media? Email gideon@namiseattle.org for submission guidelines!

Project-based: Don't see an opportunity here that feels like a good fit for you? We often have ongoing projects that could use a dedicated volunteer or intern. Email gideon@namiseattle.org if you'd like to know more about other possible volunteer opportunities.

Complete our Volunteer Application at namiseattle.org!

Rebecca Schelling, NAMI Seattle Intern

When I met Pierre in the second week of my first year of college, he was radiating excitement. It was a Sunday night and we had classes to prepare for and sleep to catch up on, but all thoughts of school were behind us as we ran into the dark parking lot to meet a cheering a cappella group, welcoming us into their ranks. Pierre, rushing out the door the moment he received his congratulations call, had come outside barefoot.

Such bursts of happiness are not uncommon for Pierre. Spotlights only enhance the natural glow he emanates as soon as he enters a stage. He knows Broadway actors like the back of his hand and recommends musicals I didn't know existed. Equally as impressive is his knowledge of prose. He speaks of books like old friends, his eyes glossing over as he absorbs himself in relaying the beauty of a particular line in his most recent novel.

Also not uncommon for Pierre are calls at 2 o'clock in the morning looking for a friend, text messages warning of the emotional rollercoaster that would ensue as soon as he returns from his night of partying, and tears that are hastily blinked away once a friend walks through his door. "I'm doing" is his typical response to inquiries in these moments, "It's nothing I haven't mentioned to you before."

He has known that something was wrong for some time, but it became apparent to me in our second semester. Pierre cannot bring himself to let go of unrequited love for fear of never feeling as valuable as he does by his side. Always the academic, he has missed so many classes that he is in danger of losing the privileges of being an honors student at the university. At some point, Pierre started using the term 'damage control' instead of studying. As time went on with the realities of a CAPS program booked beyond capacity and a lack of transportation to off-campus services, my dear friend resigned himself to mere survival mode. **In his mind, he is largely alone with his struggles.**

It is a heartbreaking side effect of the mentality that exists at many colleges today. For the first time, we are given the ability to build our own lives while facing some of the most challenging academic work we have yet to encounter. We are told that it won't be easy, but as weeks pass, no one appears to show signs of strain; and so, struggle often becomes the unspoken elephant in the room.

But appearances are deceiving. **Pierre is part of the 25% of young adults aged 18 to 24 who have a diagnosable mental illness, and among the 40% of college students who have reported above-average stress levels over the course of the past year.** While the numbers are staggering, they can also be a source of strength. According to research, peer support groups can lead to increased self-esteem, larger perceived help networks, and improvement in symptoms. There are many benefits to be had, but first, our mentality needs to change. First, **people need to be able to say "I'm not okay" without fear of stigma.**

When I met Pierre in the second week of my first year of college, I saw someone who could smile at the world and, day or night, get it to smile back. That is still the friend I know and is still the friend I hope will feel that he can finally let out the breath he has been holding in for too long. When there are so many more moments of pure running-into-a-parking-lot-barefoot joy to be had, no one deserves to feel alone.

Mental Health and College

2/3s of students who are struggling don't seek help.

More teens and young adults die from suicide than all other medical illnesses combined.

Talking about it helps. Visit the NAMI library for infographic posters for your campus: www.nami.org/Learn-More/Fact-Sheet-Library

NAMIWalks 2018:

Recap

NAMIWalks WA at Kirkland's Marina Park took place on a beautiful sunny day next to the sparkling blue water of Lake Washington. This was the 16th anniversary of NAMI's largest and most successful mental health awareness and fundraising event in the country.

We had almost **1,500** walkers come out to support Mental health in Washington state, raising just over **\$265,000** for NAMI efforts **across the state!** Big thanks to all of you who came out to walk with us and support a stigma-free Seattle.

The funds raised for NAMI Seattle through the NAMIWalk help us to keep our programs free to participants and let us reach even more people in our community.

Thank you to everyone who has already donated. Your contributions go directly to filling the gaps in our mental health system and every donation, no matter the dollar amount, counts to us.

Thank you to everyone who came out to walk or volunteer, everyone who brought their kids, dogs, and spirit of solidarity out to support NAMI's mission. We are so grateful to be a part of a community full of people like you.



MARK YOUR CALENDAR!

August 23rd @ 4:30pm-6:30pm: Ice Cream Social

Come to the Seattle Clubhouse to get out of the heat and enjoy some cold treats! We'll be featuring an In Our Own Voice presentation too, so come out to mingle and get a taste of our programs!

September 11th @ 8:30am: Meet & Greet

Join us for coffee, comraderie, and activism! Meet NAMI Seattle staff, tour our office, and learn all about how you can get involved this year. Be sure to RSVP to katie@namiseattle.org

September 28th-29th: NAMI Washington 2018 State Conference in Yakima

This year's conference theme is Mental Health at the Intersections: "When we talk about Mental Health at the Intersections, we are talking about where mental health appears at the junction of life's daily demands and the pursuit of meaning in all other areas of our daily lives: our physical health; our children and families; our diverse populations and cultures; and our workplaces, neighborhoods and communities. Until recent years, our human service delivery systems, schools, research efforts and public/private funding streams have been deeply isolated from one another where mental health is concerned, and have only in the margins, recently, taken into account the intersection of all things." Visit namiwa.org for more information and to register!

THIS FALL

October 10th - December 5th: Peer-to-Peer Classes

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions. Takes place Wednesdays 1-3pm in West Seattle.

November - Annual Member Meeting

Keep an eye out for more info coming soon about our annual member meeting! We meet once a year in November to vote on board candidates and share updates about the organization. Consider applying for this scholarship for another

Scholarships Available

If you are interested in attending the NAMI WA 2018 State Conference and need assistance with registration and associated costs, see if you are eligible for the King County Consumer Training Scholarship at namiseattle.org or by emailing gideon@namiseattle.org.

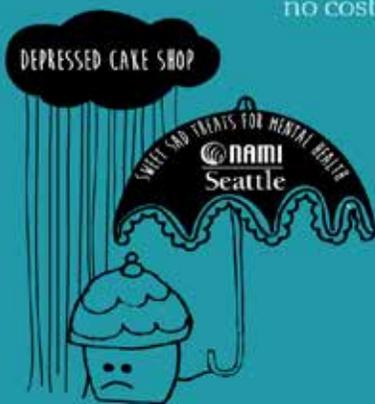
Unable to make the NAMI WA Conference? Consider applying for this scholarship for another conference or workshop! Eligible King County residents can apply for funding to attend trainings such as the Crisis Clinic's suicide prevention workshops, Mental Health First Aid, and more.

Depressed Cake Shop

Sweet sad treats for mental health awareness

Every October, NAMI Seattle holds our popular Depressed Cake Shop: A community event where attendees can purchase treats made by dedicated and talented local bakers. These confections are gray and dull on the outside, but on the inside they are brightly colored – and, of course, all around tasty!

Why gray? The gray, dark outside of these treats represents depression. On the inside, the rainbow colored or other bright colors symbolize hope. All proceeds from this event support NAMI Seattle's no cost to participants programs.



When : Saturday, October 13, 2018

Where: Optimism Brewing Company
1158 Broadway, Seattle, WA 98122

Time: 11 am to 2pm



Did you know that NAMI Seattle is on Instagram?

[@namiseattle](https://www.instagram.com/namiseattle)

Follow us for Depressed Cake Shop goodie previews and more!



We are so honored to have had your support for the last 40 years. We hope you can join us for a very special evening celebrating the people who move our mission forward and ring in the new year with hope and light.

On Monday, **December 31st, NAMI Seattle will host a New Year's Eve Celebration** in honor of our 40th anniversary and all the mental health champions that make up the mental health movement in our region.

The 1920's themed celebration is an opportunity to come together in community and toast our successes, to fortify ourselves and fuel our drive to change the mental health care system and eliminate the stigma of mental illness. **The future is bright, and this is our time to shine!**

Guests will enjoy

- Passed appetizers & dinner stations catered by Herban Feast
- Cocktails & mocktails
- Entertainment including live music from the swing band Good & Co., magic, and tarot card reading
- Award Presentations
- Local raffle items
- Photobooth
- Dancing with music from DJ 100 Proof (Jeff Lawrence)
- And a fun evening filled with laughter and community.

PLUS: Tickets for on-site childcare are available for a limited number of families - get your ticket now and make sure you've got NYE plans for the whole family buttoned up!

To purchase tickets, visit namiseattle.org/events!

Have questions? Email morgan@namiseattle.org for more information.

10 Ways to Give to NAMI Seattle

1. Become a NAMI Seattle Member

Join at namiseattle.org/membership
Let us keep you up-to-date on mental health news, events and member stories.

2. Volunteer

To learn even more about volunteer opportunities check out namiseattle.org or attend one of our monthly Meet & Greets!

3. Participate in Events

To learn more about all of our events visit namiseattle.org/events

4. Fred Meyers Rewards

Link your Fred Meyers Rewards Card to NAMI Seattle using nonprofit number 83973. Every time you make a purchase, we get a donation!

5. Bartell Drugs B Caring Card

Go to eScrip.com/BCaringCard, select nonprofit number 500043028, and up to 4% of every purchase goes to NAMI Seattle!

6. Amazon Smile

Designate NAMI Seattle at smile.amazon.com and 0.5% of your purchase goes to NAMI Seattle! That adds up!

7. Amazon Wishlist

You can purchase items from our wish list under "NAMI Seattle Supplies"

8. #Act4MentalHeath

There's no better way to make a difference than to fight mental health stigma yourself. Talk to the people in your life about NAMI Seattle.

9. Share Your Story

Become a trained presenter through NAMI and share your own experience to help educate and give hope to others while breaking down stigma!

10. Donate

Honor a loved one or leverage your gift through a corporate matching program!