

# Impact Report

Throughout this unusual and turbulent year, the staff, volunteers, board members and supporters at NAMI Missouri have kept in mind why we do what we do. Now more than ever mental health is an issue that not be ignored.

Across our state, nearly 1 in 5 Missourians, or 1.2 million people, face the day-to-day challenges of living with a mental health condition. At NAMI Missouri, we get it. We've been there. We offer help and hope. We improve lives. Together, we work to help people and families create better lives through education, support and advocacy.

Thank you for being a partner in this effort.



## NAMI Missouri Impact 2019 - 2020

Trained **42** new family education leaders who are helping deliver the NAMI Family-to-Family and Basics programs to Missourians



Provided in-person and virtual peer and family support at **70** support groups, serving more than **700** individuals and family members



Graduated **103** participants from our no-cost, peer-led family education courses



Responded with support, resources and referrals on **3k+** calls and messages to the NAMI Missouri Warmline and Helpline

Offered **3** Mental Health Professional Provider Workshops, providing continuing education to **150** Missouri Mental Health Professionals



Reached more than **100k** social media users, providing information, resources and messages of hope and inspiration, and earning **16k+** Facebook followers



Hosted **2** Disaster Recovery Mental Health Workshops, serving **19** Missourians in crisis



Trained **29** new support group leaders, including **15** peer facilitators and **14** family facilitators

Trained **7** new In Our Own Voice Lived Experience Presenters, and coordinated **49** presentations for more than **1273** audience members



Reached **4,438** people through the NAMI Missouri website

