



NAMI San Francisco

NAMI San Francisco's Impact in Our Community

NAMI San Francisco works collaboratively with partners in our city to end the stigma associated with mental illness and to promote early identification and recovery by providing education and support. We offer support groups and classes for people living with a mental health condition (peers) and, separately, for family and caregivers, available in English, Spanish, and Cantonese. All are led by NAMI-trained peers who understand mental health challenges firsthand. All programs offered by NAMI San Francisco are free.

In 2024, **13,766** people participated in our programs:

- 7 peer classes and 124 peer support group sessions, including young adult and BIPOC groups
- 7 family classes and 263 family support group sessions
- Over 50 public presentations, including panels featuring expert speakers on topic including LGBTQ+ Mental Health Summit, Asian American Pacific Islander Intergenerational Trauma, Latinx Mental Health Summit (in Spanish), Your Child's Technology Use and Digital Safety

With community partners, we increased outreach to ensure access for people who face cultural and systemic barriers to care:

- San Francisco African American Faith Based Coalition: peer and family support programs running in Grace Tabernacle, St. Andrew's MBC, and St. Phillips MBC
- Black men's support group on Zoom
- Advocating for Your Black Child, family class in collaboration with Kumbaa Healing Project
- NAMI California HEARUS grant: programs in Spanish for the Latinx community

With community partners, we increased outreach to the most vulnerable populations:

- SF Housing Development Corporation: working to embed support groups on site at Bayview Commons location
- Citywide: support group meeting 2x month for clients of Citywide who are marginally housed, recently incarcerated, and/or active substance users
- Mercy Housing: training Mercy Housing staff to run a peer-to-peer class on site in August at an affordable housing unit (Bayview Hills)
- CONREP—conditional release program from state hospital for justice-involved people: at local CONREP office, do presentations on mental health and recruit participants; may launch on-site group

We educated kids to end stigma and support youth mental health:

- Mental health awareness classes in SFUSD High schools reached 3,020 high school students in school year 2024-25. Our Ending the Stigma class empowers students to recognize mental health symptoms and to seek help.

NAMI San Francisco is an independent 501(c)(3) nonprofit affiliated with the National Alliance on Mental Illness.