



NAMI

National Alliance on Mental Illness

Santa Cruz County



Human Race 2019

Mental Health Numbers

(before the pandemic)

1 in 5 adults lived with a mental health condition each year

1 in 6 youth lived with a mental health condition each year

Tragically, suicide is now the **second leading cause of death** for young people (10-34)

What happened next?

COVID turned up the heat on a boiling pot

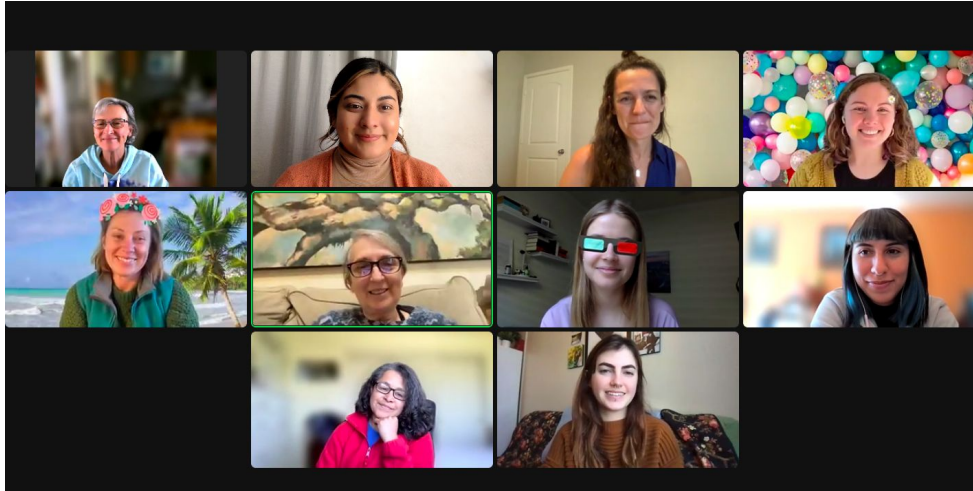
- Isolation
- Fear
- Grief/loss



Our teens are still struggling with anxiety, depression, sadness, and hopelessness

- 57% teen girls
- 70% LGBTQIA+ teens

Your important partnership helps to solve this problem



With your support, NAMISCC provided unique services to families:

- **Education**
 - Youth, adults, community learned about mental health and mental health conditions
- **Reducing Stigma**
 - So that people seek help
- **Connecting people to resources**
 - At NAMISCC or in the wider community
- **Support**
 - Compassionate support helped families find hope, healing, and community

FREE Programs for Families in English and Spanish

Served Over 13,000 County-wide



Presentations

For schools, facilities,
law enforcement, and
the community



Support Groups

For those with mental
health conditions and
their loved ones



Classes

For peers, families,
and providers

In 22-23, County-wide:

6177+

Family members found community and learned about mental health, mental illness, and how to support an adult loved-one with a mental health condition.

5796+

Youth, parents, school staff, and youth-supporting adults learned about mental health, received resources and found support in caring for a youth with a mental health condition.

Ending the Silence

Mental health awareness presentations for students, school staff, and families.

- Normalize mental health
 - Signs & symptoms
 - When to seek help
 - How to help a friend
-

300+

students and teachers at
Soquel High School participated
in Ending the Silence (ETS)
last school year!

78+

students at Soquel High School
learned about important mental health
resources from NAMISCC at a
school-wide event!

As a result of ETS:

89% of students say they feel more knowledgeable about the signs of mental health conditions.

87% of students have an understanding of how to seek help.

NAMI

Help Lines

**Resources &
Compassionate Support**

Spanish Help Line
(831) 205-7074

English Help Line
(831) 427-8020

“I have never felt so heard and understood in this journey of parenting a child who struggles so greatly with mental illness. It feels incredibly supportive and safe.”

- Jennie, a parent in NAMI SCC’s Support Group for Parents

