



National Alliance on Mental Illness

nami | Colorado Springs

QUICK FACTS

May 2019

*NAMI supports individuals and families who are navigating mental illness through **education** (programs like Family-to-Family, Peer-to-Peer, etc.), **support** (support groups, resource and referral services, etc.) and **advocacy** (community education programs and initiatives).*

PROGRAMS AND SERVICES

- Including Mental Health First Aid, a program that we provide in partnership with AspenPointe, NAMI Colorado Springs currently offers **13 formal programs**.
- Programs and services are always offered at **no cost** to participants.
- **Teen programs** include Ending the Silence, an in-school presentation about signs and symptoms of mental illness, and Below the Surface, a public awareness campaign (now in 60-plus local schools) encouraging teens to use Colorado's free, 24/7 text support line.
- NAMI programs are **led by trained peers** — people with “lived experience.” For instance, any teacher of Peer-to-Peer is someone who lives with mental illness. Any Family-to-Family teacher is someone who supports a loved one who lives with mental illness.
- **More than 1300 people** experienced a NAMI education or community education program in person in 2018. Support group attendance approached 2000. The office, staffed largely by volunteers, handled more than 2200 calls.
- The resource and referral services that we provide via phone and email, and to drop-ins, have made NAMI the **first point of contact** for hundreds who need mental health services and support every year. As county epidemiologist Helen Harris puts it: “NAMI would be where I would direct someone who needed access navigating mental health services.”

COMMUNITY SUPPORT

- NAMI currently has **100-plus volunteers**. They volunteer within programs, at the office, at health fairs and other community events, or in some other capacity.
- NAMI's total **FY 2018-19 revenue** was \$468,000. Individual donations accounted for 42 percent of that. Corporate sponsorships: 32 percent. Grants: 24 percent. Our annual May breakfast accounts for **more than 1/3 of our total operating budget**; this year's, held May 2 at The Broadmoor, raised more than \$200,000.