



**29,230**  
individuals & families impacted by NAMI Central Texas programs

## our mission

NAMI Central Texas is dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.

Impact



**1,536**  
support group meeting participants



**854**  
class & workshop graduates



**7,168**  
teens received mental health training



**720**  
law enforcement officers trained



**10,000+**  
volunteer hours



**67**  
tv, radio & newspaper stories



**2,200+**  
NAMIWalks participants

## Focus on Early Intervention

Fifty percent of lifetime mental illnesses show their signs by age 14, yet the gap between onset of symptoms and treatment is often 8 to 10 years. NAMI Central Texas helps our community be proactive in addressing mental health concerns with less fear and stigma by equipping teens, parents and school professionals with vital information to recognize early signs and connecting them to resources. In 2019, NAMI Central Texas renewed its commitment to offering free classes, workshops and trainings for school staff, parents and teens and continues to expand to new schools.

**7,168** children & youth  
**633** parents  
**463** school staff

## Growth Across Central Texas

In 2019, we changed our name to NAMI Central Texas to reflect our commitment to providing programs in surrounding counties that have few resources and growing needs. NAMI Central Texas is actively engaged in developing volunteer teams in Bastrop, Burnet, Caldwell, Hays, Williamson and rural Travis counties to offer our peer-led mental health programs. Within three months of our rebranding, we launched the first NAMI classes and support groups in two new counties and provided informational workshops and resources to ensure more Central Texans have access to our free programs.

**6,903**  
participants in new service areas

## Transforming the Community

In addition to providing classes, support groups and resources for families and individuals living with mental illness, we recognize the value of transforming the way neighborhoods, schools, faith communities, workplaces and law enforcement respond to mental health. Our innovative programs, trainings, workshops and community events dispel myths, equip people with resources and raise awareness in places where families and peers tend to encounter stigma and apathy. NAMI Central Texas is helping create a culture that recognizes that mental health is health!

**14,686** event participants  
**2312** employees  
**110** faith leaders