

**You
~~Don't~~
Matter.**

The world can feel like a dark
and discouraging place.

When hope is nowhere to be found,
you may think you don't matter.

But you do. We know you do.

You do matter.

We are NAMI Chicago.

When it all feels like too much to overcome, we meet you where you are. Because taking on a system that lacks the capacity to meet our needs can leave us without enough energy left to heal.

We hear you.

We listen when despair and hopelessness are deafening. No matter how desperate the situation, there are expanding cracks of light in the darkness that keep us going. We carry on with an intensifying resolve that will not be defeated.

We fight for you.

We are here to lift you up. To help write a new story that says that wellness is worth fighting for. Because we are all worth fighting for.

I Am ~~Not~~ Worth It.

4,389 calls say you are.

In 2019, the City of Chicago and many of you invested in the NAMI Chicago Helpline. Because of you, **we answered the call 54% more times than in the previous year.** We're now open on nights and weekends, and offer additional language options.

At the heart of every call is the basic human need to feel heard. We hear you.

The calls have become more diverse and complex. We listen and connect callers to support services ranging from housing to healthcare to trauma to court system advocacy.

Our Helpline and In-Home Recovery Support teams go beyond the call to be there in person, so those in need are never alone.

We Can't Do This.

85% more first responders say we're on it.

First responders, hospital emergency departments and the criminal court system have become the main entrance to mental health care for many Chicagoans. This is an unfair burden placed on those who are not mental health professionals. NAMI Chicago is helping to change this by growing our partnerships with the Chicago Police Department, Chicago Fire Department and Office of Emergency Management and Communications.

In 2019, NAMI Chicago worked with 4,155 first responders—85% more than the previous year. We taught them to recognize signs of mental illness through our Crisis Intervention Team (CIT) training. We showed up for early morning and late night roll calls to remind them to take care of their own mental health. And we sat with them and supported them, during and after moments of crisis and trauma.

They ~~Don't~~ See Me.

Our vision is 10,775 teens and caregivers clearer.

Mental health conditions affect over 2.5 million people across Illinois, including more than 850,000 children and young adults under 25. **Last year, NAMI Chicago reached over 10,000 teens and their caregivers with Ending the Silence**, an early intervention program to reduce stigma and connect teens to mental health services.

Led by young adults who have lived experience with mental health conditions, this program teaches students to recognize signs and symptoms, and gives them ideas

about how to help themselves, friends or family members in need of support. NAMI Chicago also teaches parents, staff and administrators about youth mental health, to build a holistic support system for the next generation.

It is never too early to talk about wellness. To help ensure the future is stigma free, we designed new curriculum and launched a program for elementary-aged kids and their families.

It's ~~Never~~ Going to Change.

Oh, this is happening.

This is a fight to save lives. We must abandon the tired medical-based model rooted in illness, in favor of one that focuses on wellness throughout our lifetime.

We had a big win in Springfield this year when our "Mental Health on Campus" bill passed. The bill requires state universities to increase the mental health services and education efforts available on campus, while using peer-support models.

NAMI Chicago was also at the forefront of city advocacy work as co-chair of the Health and Human Services Committee for Mayor Lightfoot's incoming Transition Team.

We will continue to take the lead on issues affecting our city—as well as within law enforcement, the justice system, our schools and businesses—to support a healthier Chicago. For everyone.

Financials

July 1, 2018–June 30, 2019

STATEMENT OF FINANCIAL POSITION

Assets	
Cash + Cash Equivalents	\$2,027,887
Accounts Receivable	\$158,050
Prepaid Expenses	\$7,248
Total Current Assets	\$2,193,185
Property and Equipment	\$30,138
Investments and Other Assets	\$97,325
Total Assets	\$2,320,648
Liabilities and Net Assets	
Liabilities	
Accounts Payable and Accrued Expenses	\$26,985
Deferred Revenue	\$825
Deferred Rent Expense	\$27,995
Unexpended Grant Liability	\$296,429
Total Liabilities	\$352,234
Net Assets	
Unrestricted	\$1,729,284
Temporarily Restricted	\$239,130
Total Net Assets	\$1,968,414
Total Liabilities and Net Assets	\$2,320,648

STATEMENT OF ACTIVITIES

Support and Revenue	
Grants	\$1,292,368
Contributions	\$344,553
Fundraisers (net of direct costs)	\$455,031
Membership Dues	\$3,236
Investment/Interest Income	\$12,484
Miscellaneous	\$4,052
Total Support and Revenue	\$2,111,724
Expenses	
Program Services	\$1,731,123
Support Services	
Administrative	\$224,123
Fundraising	\$151,289
Total Expenses	\$2,106,536
Net Assets Beginning of Year	\$1,963,226
Net Assets End of Year	\$1,968,414

Just Give Up.

3,017 of you did. Wow. Thank you.

To all of our donors who joined the fight and supported NAMI Chicago over the past year, we thank you.

Giving at every level truly makes a difference. And our community is growing. **An impressive 86% of those attending NAMI Walks 2018 were first-timers.**

If you are a long-time partner, we wouldn't be here without you. If you are new to NAMI Chicago, you represent what's possible when we come together to end stigma.

And to our 200+ volunteers who give their time, heart and voice to this work—there are no words for the gratitude that fills our hearts for every single one of you.

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