



# NAMI

National Alliance on Mental Illness

## New Hampshire

# Snapshot

Support | Educate | Advocate



### 2023 Highlights



**44,000**

Granite Staters for whom NAMI NH provided support, education, and advocacy.



**1,054**

People trained in Connect™ Suicide Prevention.



**247**

Police/Fire/EMS participants in Crisis Intervention Team (CIT) Training.

## Our Mission

NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education and advocacy.

To best achieve our mission, NAMI New Hampshire launched an updated strategic plan in 2024, focused on the following goals:

**1**

### ADVOCATE

for Increased Access via Systems Transformation.

**2**

### OPTIMIZE

Prevention and Early Intervention Education, Training, and Services.

**3**

### ENSURE

Staff and Volunteer Capacity.

# Strategic Goals in Action

## 1. Advocate for Increased Access via Systems Transformation

Champion the need for integrated mental health and substance use disorder services, advocate for systemwide workforce diversification, promote system navigation supports, and increase statewide awareness of NAMI New Hampshire.

## 2. Optimize Prevention and Early Intervention Education, Training, and Services

Reach underserved populations, elevate focus on prevention and early intervention activities, evaluate programming priorities for diverse populations, and increase justice-involved engagement and coordination.

## 3. Ensure Staff and Volunteer Capacity

Assess workforce requirements and supports, align the staff and volunteer base to reflect the demographics of New Hampshire, further invest in volunteer activation and engagement, and develop succession plans for board, staff, and volunteer leadership.



## Our Vision

We envision a future where people affected by mental illness have hope, help, and health, and are able to:

- Access the supports and evidence-based treatment necessary for recovery;
- Have a lifespan that is not cut short by suicide or co-occurring conditions; and
- Reach their full potential, living in their communities free from discrimination.



## GUIDING VALUES

**Compassion** – We offer compassion and empathy to all who are affected by mental illness and suicide.

**Anti-Discrimination** – We recognize and applaud the diversity of humanity and believe everyone deserves to be free from judgment.

**Inclusiveness** – We respect all people, value the perspective of individuals with lived experience, and are dedicated to equity, diversity, and fostering a community of belonging.

**Collaboration** – We are dedicated to a culture of teamwork and collaboration with diverse partners, working toward shared goals.

**Integrity** – We believe in openness and transparency, stewarding our resources, and being accountable to the individuals and families we serve, our members, and our funders.