



NAMI

National Alliance on Mental Illness

New Hampshire

Snapshot

Support | Educate | Advocate



2022 Highlights



40,000+
Granite Staters for whom NAMI NH provided support, education, and advocacy.



6,800+
Participants in presentations on mental illness and suicide prevention.

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 2021, focused on the following goals:

1

ADVOCATE

for Public Policy and Systems Change.

2

UPDATE

Educational and Support Programming.

3

INCORPORATE

Diversity, Equity, and Inclusion Principles.

4

SUPPORT

Operational Capacity Building.

Strategic Goals in Action

1. Advocate for Public Policy and Systems Change

We will hold systems accountable through policy, advocacy, and measurement, as well as by further activating our volunteers and increasing communications capacity.

2. Update Educational and Support Programming

We will increase access to up-to-date, evidence-based/evidence-informed, equitable programming delivered in multiple modalities to the families, individuals, professionals, and others impacted by mental illness and suicide.

3. Incorporate Diversity, Equity, and Inclusion (DEI) Principles

We will incorporate DEI through changes to our governance, programming, and operations, and through awareness, education, inclusion, and engagement.

4. Support Operational Capacity Building

We will support workforce efforts, maintain financial sustainability, adhere to governance practices, and maintain operational plans.



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.

Hope – We strive to make certain all who are affected by mental illness and suicide know they are not alone – that recovery is the expectation, and that hope and help will always be available.