



NAMI Yolo County

Year Founded: 1997
Website: namiyolo.org

Financial information

FY21-22 Revenues: \$546,148
FY21-22 Expenses: \$379,721
Assets: \$548,236

Served 566 unique individuals
in 2022



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Executive Director
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NAMI Walks Team, May 2022

NAMI Yolo County's mission is to provide advocacy, support, education, and public awareness so that all individuals and families who are affected by mental illness can build better lives.

PROGRAMS

Support Groups: There is strength in the support of a community. NAMI support groups are free, led by trained family members and peers, offering a safe, confidential environment to share experiences, group wisdom, and gain support from other attendees. Groups are offered for those living with a mental illness, for family and loved ones, and for parents of youth with a mental health condition.

Classes: Learning together is powerful. NAMI's free, evidence-based classes led by peers and family members aim to increase understanding of mental health, improve coping skills, and empower participants to advocate for themselves or their loved one. Each class is designed to meet the needs of its targeted audience.

Presentations: Storytelling builds connection and empathy. NAMI presentations are offered free to the community and are part of NAMI's effort to change attitudes and stereotypes about what mental health conditions are like and how we view people who have them.

Direct Service: NAMI volunteers provide monthly home-cooked meals to residents in supportive housing, and social activities to adults with serious mental illness living in board-and-care homes and supportive living residences.