

84% of employees think it's important that a prospective employer offer "robust and comprehensive mental health benefits".

Only 11% report that their employer has people on-site who have received mental health training.



1 in 5 people live with a mental health condition. That's the equivalent of about 286,000 Baltimoreans or 4 full Ravens Stadiums!



80% of employees with a mental health condition report shame and stigma keep them from seeking treatment.

Whether you're a person living with a mental health condition, or a person who cares for someone who does, sharing your story is powerful.

We are, at our core, a community of dedicated volunteers changing the face of mental health in Baltimore. Your voice matters.



Volunteer



Learn More



Donate



 @namibaltimore

 @NAMI_Baltimore

 @NAMIMetropolitanBaltimore

 @nami-metropolitan-baltimore

HelpLine: 410.435.2600
namibaltimore.org

Is your company listening?



 **NAMI** Metropolitan Baltimore
National Alliance on Mental Illness

Support, Education, and Advocacy
S I N C E 1 9 8 3

Our presentations feature trained volunteers with lived experience who share their personal mental health journeys.

All presentations are 60 minutes in length unless otherwise noted.

So many options! We suggest starting here:

StigmaFree Workplace

Untreated mental health conditions can impact a company's culture and financial health. Learn signs and symptoms of mental health disorders, when to step in, what to ask, and how to start conversations in your workplace.

NAMI In Our Own Voice

Hear personal perspectives of mental health conditions, as leaders talk openly about their lived experiences around what happened, what helps, and what's next.

Virtual Voices

A 90 minute immersive workshop designed to build empathy by allowing participants to better understand what it is like to live with auditory hallucinations

The Intersection of Race & Mental Health

Members of the BIPOC community experience disproportionately high levels of mental health stigma. This presentation explores those disparities and the impact of race on mental health.

Men's Mental Health

Men are significantly less likely to reach out for mental health support when compared to women. That's why we share stories from men living with mental health conditions, to end stigma and foster support.

Burnout and Building Resilience

Sixty-three percent of employees experience burnout. This presentation discusses the very real impacts of burnout on workplace culture, and helps employees build their resilience toolbox.

Anxiety and Depression Panel

Hear experiences of people living with anxiety and depression. Learn about ways they cope and how their workplaces accommodated their mental health condition.

Compassion to Care

An informational presentation about how providers can support their patients' mental health at every step of their care.

Mental Health at Home

8.4 million Americans care for someone with a mental health condition. Learn how employees can manage their own or a family member's mental health outside the workplace.

Understanding Substance Use Disorders

Many employees struggle with substance or alcohol use. Learn about its prevalence, how it impacts the workplace, and how to foster a culture of care and compassion.

Understanding Suicide

Trained volunteers share their personal stories involving suicide and suicidal ideation. Attendees will understand the prevalence of suicide and learn about local resources for anyone struggling.

NAMI Ending the Silence for Families

A presentation for parents and guardians to learn to recognize early symptoms of a mental health condition, start conversations about mental health at home, and offer support to children and young adults.

NAMI Metro Baltimore meets us where we are by being willing to come to our office and have this conversation. We have terrific employees and they occasionally have mental health issues in addition to physical health issues.

It is good for us and good for them to support them and help them get through whatever their challenges are."

-David Berman, CEO & Co-Founder
Berman McAleer

