

# 1 in 6

One out of six adolescents (ages 6-17) in Texas suffers from a mental health disorder annually.

NAMI Greater Houston is an affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. In 2023, NAMI Greater Houston, NAMI GH served **32,000 parents, family members, youth and adults in recovery** through psychoeducation classes, support groups, advocacy opportunities, awareness training, and warmline support at no cost.



211,000 youth in Texas (9%) have severe major depression. High School students with depression are 2 times more likely to drop out.

NAMI GH launched ten NAMI On Campus Clubs at colleges and universities and two NAMI On Campus Clubs at area High Schools raising awareness and connecting students to services.

**Peer Support in mental health** is known to instill hope, improve engagement, quality of life, self-confidence, and integrity; and reduce the burden on the health care system.

## 455 NAMI GH Volunteers in 2023

99 Volunteer Program Leaders trained as teachers, mentors, and facilitators.

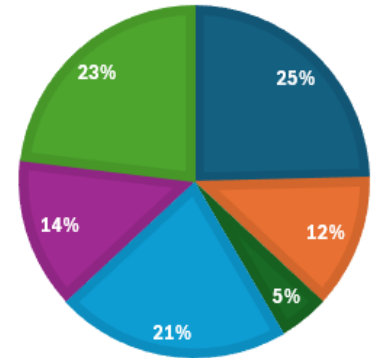


Research finds that Psychoeducation can lead to better patient outcomes, such as lower rates of hospitalization and relapse. Psychoeducation can help caregivers better understand the illness, which reduces stigma, stress, and burden.



25%  
12%  
5%  
22%  
14%  
23%

Warmline/Resources  
Psychoeducation  
Awareness  
Support Groups  
Outreach  
Advocacy



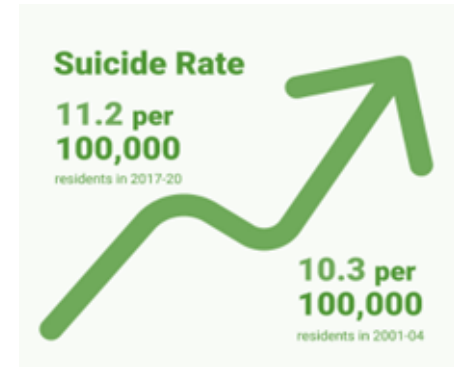
Often families feel ill-prepared to manage care. Adults in recovery can feel isolated. Social connection is key.



11,550 Reported they would refer others to NAMI  
2,310 Graduated multiple NAMI programs  
2,094 attended a NAMI GH support group  
68% First-time participants became NAMI members

Recent statistics show that **1 in 13 adults in Texas experiences at least one major depressive episode**. Houston has reported an increase in mental distress frequency, drug use, and suicide. The suicide rate has increased to 11.2 per 100,000 from 10.3 over two decades ago.

While the number of specialists and mental health care workers is increasing, access to professional mental health services in this region is lower than the national rate.



1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime.

### Jail Diversion Programs for Treatment

NAMI GH offers restorative justice groups through adolescent and adult criminal justice programs throughout the service area. In 2023 NAMI GH served 1,300 participants who attended jail diversion programs including restorative justice groups for the homeless.

Awareness, emphasizing resilience and protective factors, and normalizing support are indispensable to frontline mental health.

### Frontline Wellness Program

NAMI GH provided 10 Provider Education Courses and 36 staff training sessions in support of frontline workers such as nurses, teachers, middle-managers, firefighters and EMS workers.

### Public Policy & Advocacy Initiatives

In 2023, 7,500+ folks participated in NAMI Outreach and Advocacy events related to mental wellness or public policy training. NAMI GH has conducted an increasing number of trainings related to mental health in the workplace.



### NAMI Resource Center and Warmline

**713-970-4483**

More than 6,500 callers were helped through the NAMI Greater Houston warmline. NAMI's warmline is peer-led and provides resources and support for individuals and families impacted by mental illness.