



A NOTE FROM OUR DIRECTOR

This past month has been one of the most challenging—and inspiring—periods in NAMI San Francisco's history.

In January, we learned that the Department of Public Health proposed eliminating NAMI SF's contracts entirely as part of \$17 million in citywide budget cuts. These contracts represent 80% of our operating budget and fund the peer-led support services that nearly 7,000 San Franciscans rely on each year.

What happened next reminded me why this work matters so deeply.

Our community rallied. We launched an advocacy campaign asking supporters to write to the Health Commission and attend the February 2nd meeting to share their stories. The response was overwhelming. We received hundreds of powerful letters from community members, family members, partner organizations, and clinical providers—each one making clear that NAMI SF's services are not just helpful, they're essential.

Then came the Health Commission meeting. I watched person after person step up to the microphone to give testimony about what NAMI SF has meant in their lives and the lives of their loved ones. Family members described finding hope and practical guidance when they felt most alone. Individuals living with

mental illness shared how our peer support groups gave them community and tools for recovery. Partners from across the mental health system testified to the critical role we play in San Francisco's safety net.

It was profoundly moving to hear these stories. Many of you have shared your experiences privately with staff or in support groups, but hearing you speak publicly about NAMI SF's impact was incredibly powerful. You reminded the Commission—and reminded all of us—why this organization exists and why it must continue.

The fight isn't over yet. We're continuing to advocate and working closely with DPH and city leadership to find solutions. But I'm more convinced than ever that NAMI SF fills an irreplaceable role in our city, and that this community will not let these services disappear without a fight.

Thank you to everyone who wrote letters, showed up, spoke up, and spread the word. Your advocacy is making a difference.

With gratitude,

Anne Fischer
Executive Director

ADVOCACY IN ACTION

**SIGN THE
PETITION &
CONTACT YOUR
SUPERVISORS**



NAMI SF's funding is still slated to be eliminated in the proposed DPH budget cuts.

We still need your help:

Sign and share our petition with your networks, colleagues, family, and friends.

Every voice matters. Every letter strengthens our case. Every person who shows up at the hearing demonstrates that our community values peer-led

mental health support.

Please forward the petition widely. Help us reach people who care about mental health services in San Francisco.

Send a letter to your supervisor:

Your District Supervisor: find contact info [here](#).

Urge them to restore full funding for NAMI San Francisco.

SIGN PETITION & SEND LETTER

UPCOMING EVENTS



The poster features the title "MEDIA ADVOCACY TRAINING" in large blue letters at the top. To the right is the NAMI San Francisco logo, which includes a stylized sun icon and the text "NAMI National Alliance on Mental Illness San Francisco". Below the title is an illustration of a diverse group of people sitting in a circle of chairs, facing each other, with some raising their hands as if in a discussion. On the left side of the poster, the event details are listed: "THURSDAY 2/19/26 6:00 PM ON ZOOM". At the bottom of the poster, the tagline "Use Your Story to Protect Mental Health Funding" is written in a reddish-brown font.

**Thursday, February 19
6pm to 7:30pm
On Zoom**

Budget cuts hurt real people. Learn how to share your mental health story with the media to fight stigma and defend vital services. Mental health services are on the line — and personal stories can make a difference.

When decision-makers debate budgets, the media plays a huge role in shaping public understanding. Reporters are looking for real voices and real experiences. This NAMI San Francisco Media Advocacy Training will help you safely and effectively share your story to highlight why mental health services must be protected.

Your lived experience — as an individual, family member, or caregiver — can help the public and policymakers understand what's truly at stake when funding is cut.

This interactive training will prepare you to speak with journalists, participate in media opportunities, and communicate a clear message about the importance of community mental health support.

[REGISTER](#)

FROM OUR COMMUNITY



In support of our efforts to restore funding from the Department of Public Health, our community has shared their experiences receiving supportive services, whether it was through support groups, educational classes, or presentations.

These are just *some* examples of the impact that NAMI SF has had on our community:

"As a previous single black parent of a black student in SFUSD with learning and mental health challenges NAMI SF was a lifesaver for me and my daughter."

"NAMI SF is the only organization that helped me navigate care for my mother after moving to the Bay Area."

"I continue to dial in to the sibling support group on a regular basis to get support from fellow siblings who truly understand what I have been through."

"Since my family is Chinese and has traditional Chinese viewpoints, they were very reluctant to reach out for help. NAMI helped destigmatize mental health issues and educated my family on the matter."

"The direct service I received from NAMI facilitators and community members was therapeutic, tactical, immediate, warm, ongoing, nonjudgmental and connected me to other resources I needed."

Thank you to each and every person that has sent us their letters of support. We couldn't do any of this without you!



**Celebrating Black History Month:
A Series on African American Mental Health**

This February, NAMI San Francisco is honored to offer a special series of events centered on Black/African American mental health, healing, and community.

Throughout the month, we will be hosting a range of programs designed to uplift voices, share knowledge, and support individuals and families. This series will include:

FEBRUARY 10th: Storytelling events highlighting lived experiences and journeys of mental health recovery

FEBRUARY 17th: An event focused on mental health resources and pathways to support

FEBRUARY 24th: Support-focused programming for parents and caregivers

These events are rooted in community, resilience, and the importance of addressing mental health through a culturally informed and affirming lens. We invite community members, families, providers, and allies to join us in learning, connecting, and healing together.

More details, including registration information, can be found in collection in Eventbrite. We hope you'll join us this February.

[REGISTER](#)



VOLUNTEER APPRECIATION

SAVE THE DATE!
Sunday, March 1st
1pm - 3:30pm

All volunteers are invited to join us for a Volunteer Appreciation lunch. Come celebrate the individuals that make NAMI San Francisco possible!

This event is a chance to connect, share stories, and honor the collective efforts that make our mission of mental health education, support, and advocacy possible. Please look for an email next week with more information.

RECURRING EVENTS



VOLUNTEER OPEN HOUSE

First Thursday | 6pm on Zoom *Monthly!*

Third Wednesday | 12 pm on Zoom

**Meet staff and learn about
ways to get involved!**

Wednesday, February 18th @ 12:00 - 1:00p

Want to learn about ways to get involved and give back? Check out the Open House! Volunteers are at the heart of the NAMI SF mission and there are tons of ways to get involved. The Open House is a great space to meet staff and explore available positions. Monthly on the first Thursday (evening) and third Wednesday (noon).

REGISTER TO ATTEND

OPPORTUNITIES



Hey There! **NAMI San Francisco**
National Alliance on Mental Illness

Join NAMI SF as a speaker!

**Share your story of living with a
mental health condition**

Paid volunteer opportunity!

**Ages
18-30**

To learn more contact Emma: emma@namisf.org

Hey There! Interested in sharing your story? Sign up to be a volunteer presenter!

The NAMI SF team does a ton of presentations for high school students in San Francisco and volunteer / community member voices are at the heart of this program. Want to get involved?

Paid volunteer position, tons of flexibility, and an opportunity to memorialize your story and support student wellness!

*Must identify as someone between ages of 18-30 and living with a mental health condition / mental illness.

*Questions? Email Emma, program director: emma@namisf.org.

VOLUNTEER

RESOURCE READY



Immigrant Safety Resources

Did you know that our website has a page dedicated to immigrant safety resources?

Take a look to learn more about how to interact with Immigration and Customs Enforcement (ICE), planning tools, legal resources, and rapid response hotlines.

Know your rights, plan ahead, and stay safe.

[RESOURCES](#)

BOARD CORNER



**LIANA
HOLMBERG**

In my first year on the Board, I have been honored to witness firsthand the powerful impact of NAMI San Francisco in our community. Some of my favorite moments:

Empowering Voices: A Community Dialogue on Mental Health – This event at Manny’s was an incredible moment where people living with mental health conditions shared their stories on the same town hall stage that’s hosted congress people, celebrities, and change-makers.

Mental Health at Work – KQED invited us to give this talk on reducing stigma in the workplace. The event really connected people – some of whom felt seen and heard for the first time at work – and it surfaced new opportunities for support for both individuals and managers.

SF Pride Parade – We were placed in front of the glamorous SF Opera float, which is a hard act to precede. But walking down Market Street, it was amazing how many people in the crowd lit up when they read our humble banner. Some smiled and mouthed the words “thank you.” One group of twenty-somethings started a chant of “Mental health! Mental health!”

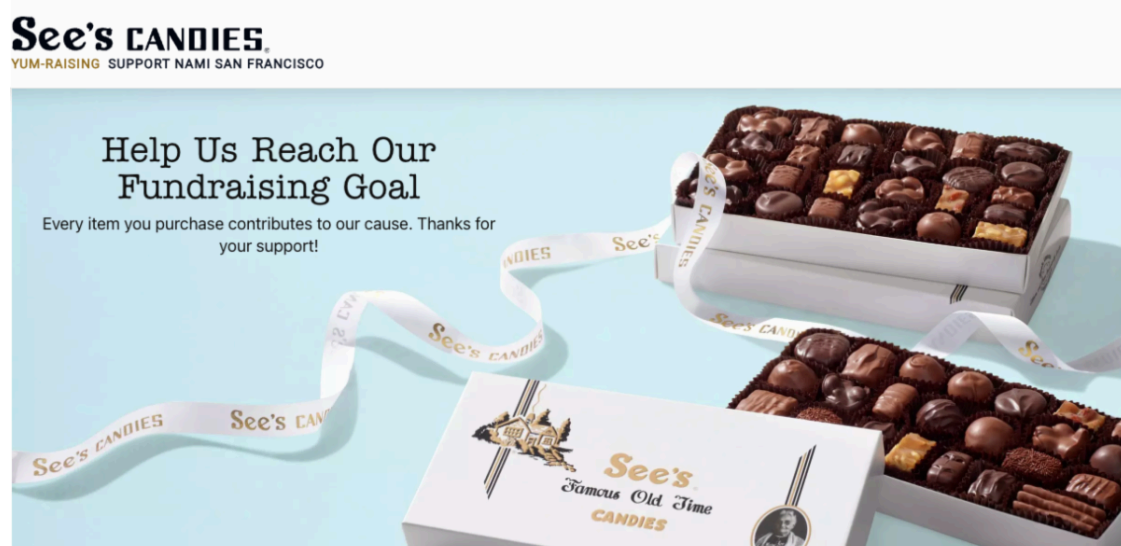
NAMIWalk – Working the raffle table, I got to speak with dozens of participants including one high-energy group who came in homemade team t-shirts in honor of a family member.

Family and Caregivers Support Group – At these drop in meetings, I’ve personally benefited from the courageous individuals who show up to be in community and share their compassion and wisdom.

I can’t wait to see what this new year will bring!

Liana Holmberg
Board Member

OTHER WAYS TO GIVE



Sweet Support: Buy See's Candy for Valentine's Day & Help NAMI SF

Shopping for Valentine's Day chocolates? Make your purchase count! When you buy See's Candies through NAMI SF's fundraising partnership, a portion of

every sale comes directly back to support our peer-led mental health programs.

Whether you're treating someone special or indulging yourself, your See's purchase helps us continue providing free support groups, crisis helplines, and educational programs to thousands of San Franciscans in English, Spanish, and Cantonese.

It's an easy way to spread both sweetness and support this Valentine's Day!

[Shop See's Candies & Support NAMI SF](#)



JOIN US on SATURDAY, MAY 16th for our annual NAMIWalk!

Location:

Little Marina Green
Yacht Road and Old Mason Street
San Francisco, CA 94132

Event Route Length: 5K loop

NAMIWalks is more than a walk—it's what happens when individuals, families, and communities show up together and say: mental health matters. Every story shared, every step taken, and every dollar raised moves us closer to Mental Health for All. This event raises critical funding for NAMI San Francisco while serving as our largest mental health awareness event of the year.

In light of the recent budget cuts threatening our programs, your participation is more important than ever. Help us raise the funds needed to keep our support groups, crisis helplines, and educational programs running—and let the city know that mental health matters to San Francisco.

[REGISTER FOR THE WALK](#)

Support local business that SUPPORT NAMI SF!

COMMUNITY THRIFT STORE accepts donations on behalf of our charity partners, sell the items in our store, and then disburse the proceeds. When donating with us you can select which charity should benefit from the sale of your items.

SPORTS BASEMENT is a sporting goods retailer and community center in San Francisco, that sells and rents outdoor gear and equipment. Sports Basement has multiple locations in the San Francisco Bay Area, including the Presidio and Stonestown Galleria. Sign up to become a Basmenteer and enjoy 10% off, then choose NAMI SF as your charity and 10% of profits from that purchase will go to support our mission.

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