

JUNE NEWSLETTER



Contact your State Assembly Member

We want you to know about some important mental health legislation upcoming in the California Legislature. **AB46** is a bill that excludes attempted murder from the list of offenses eligible for mental health diversion. NAMI California strongly opposes this bill, in the belief that individuals who have committed offenses due to state of mind or behavior caused by a serious mental illness do not belong in prison. They require treatment, not punishment, and a prison is not a place where they can receive adequate treatment. Providing therapeutic care, not a prison sentence, has been shown to lead to better outcomes for the individual and for society by reducing recidivism and improving mental health outcomes. We urge you to write to your assembly member and ask them to vote NO on AB46, which further criminalizes mental illness.

SB 363, the Health Insurance Accountability Act, holds health **insurance companies accountable** for wrongly denying medically necessary care, imposing fines of potentially millions of dollars on plans with a proven and pervasive track record of wrongful denials. Far too many families are denied critical medical care because their insurance company is trying to minimize costs, and health plans need to know there will be consequences for wrongful denials and that the associated fines won't just be a cost of doing business. While the bill applies to all kinds of medical coverage, this kind of accountability for providing mental health care would be a great step forward in achieving parity with treatment for other medical conditions. It requires insurance companies to report on the number of treatment denials or modifications that were reversed on appeal, and to pay a penalty if they have been consistently over-ruled on their decision. This bill has PASSED in the Senate and now goes to the Assembly for a vote.

You can write to your assembly member to ask him or her to vote NO on AB46 and Vote YES on SB 363.

State assembly members for San Francisco:

Catherine Stefani, District 19 (parts of SF and San Mateo County)
District Office: 415-557-2312

Matt Haney, District 17
District Office: 415-557-3013

NAMIWalks 2025



♥ NAMIWalks SF 2025: Thank You for Making It a Success!
We're thrilled to share that **NAMIWalks San Francisco 2025** was a huge success—and it's all thanks to you!

Whether you spread the word, donated, walked with us, volunteered, or simply showed up in spirit—your support made all the difference. Together, we surpassed our fundraising goal and raised over \$110,000 to sustain free

mental health programs, support groups, and education for individuals and families across San Francisco.

Every effort—big or small—helped make this moment possible. And beyond the dollars raised, we stood together to raise awareness, build community, and help end stigma. That impact is just as meaningful.

To everyone who contributed: thank you. We see you, we appreciate you, and we truly couldn't do this without you. ❤️

[DONATE](#)

CLASSES

JUNE ONLINE PEER-TO-PEER CLASS - NOW ENROLLING!

Apply for NAMI SF's free 8-week class, where you'll learn skills to help manage mental health symptoms, practice coping strategies, meet like-minded people, and more! Classes are held online weekly on Tuesdays from 6:00- 8:00 pm PT, June 17th through August 12th.



Course Topics Include:

- Understanding Mental Health Conditions
- Strengthening Relationships
- Growing Support Networks
- Recovery Tools
- Goal Setting
- and More!



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[REGISTER](#)

SALUD MENTAL 101

En esta presentación aprenderá:

- ¿Qué es la salud mental?
- ¿Cómo puedo cuidar a mi salud mental?
- ¿Cuáles son los recursos en el Area de la Bahía?

Martes 24 de Junio a las 6:00pm por Zoom

24 de Junio a las 6:00 - 7:30p / June 24 @ 6:00 - 7:30p

Presentación sobre la experiencia de la comunidad Latinx con la salud mental, incluyendo información específica de la comunidad sobre factores contribuyentes, barreras para la atención y prácticas para apoyarse a usted mismo y a sus seres queridos. En Español!

Presentation on the Latinx / Spanish-Language community's experience with mental health, including community-specific information on contributing factors, barriers to care, and practices for supporting yourself and loved ones. In Spanish!

REGISTER TO ATTEND

2025 LGBTQ+ Roundtable: Community Support in a Shifting Political Climate

Thursday, June 26 @ 6p

Presented By:

 **NAMI San Francisco**
National Alliance on Mental Illness



Thursday, June 26 from 6:00 - 7:30pm via Zoom webinar

NAMI SF is producing the third annual LGBTQ+ Roundtable! Bay Area mental health professionals will explore how today's political climate impacts LGBTQ+ mental health. This event is for LGBTQ+ individuals and allies committed to fostering support, sharing resources, and advancing meaningful conversations.

Panelists include:

Dr. Chase Anderson, MD, is an Assistant Professor in Child and Adolescent Psychiatry at the University of California, San Francisco.

Denisse Mendéz, LMFT, is a Licensed Marriage and Family Therapist and the Youth Mental Health Manager at the San Francisco LGBT Center. Denisse specializes in working with gender-expansive transitional-age youth and youth of color.

A. Ning Zhou, MD, is a child, adolescent, and adult psychiatrist at the San Francisco Department of Public Health (SFDPH), volunteer clinical faculty at UCSF, and in private practice.

We hope you can join us!

[REGISTER TO ATTEND](#)

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, June 18 @ 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](#)



Sunday, June 15 | 10:00am

NAMI SF is hosting free monthly art classes! Creating art can help with focus, reduce stress and anxiety, and boost creativity and expression. Bring your preferred art material (pencil, pen, crayons, watercolor, etc.) and papers to this virtual class, and start drawing. Anyone is welcome, and no previous drawing experience is required.

[REGISTER TO ATTEND](#)

OTHER WAYS TO GIVE

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.



NAMI San Francisco | 3739 Balboa Street #155 N/A | San Francisco, CA 94121 US

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