

830%

of employees agree
mental health trainings are important
for workplace culture.

Yet only
51% say their employer offers
or requires mental health
and well-being trainings,
resources, or events.

We can help you close the gap.



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

Our Essential Mental Health *Anti-Stigma Presentations*

Virtual Voices: An Auditory Hallucination Simulation

Mental Health at Home: Caring for the Caregiver

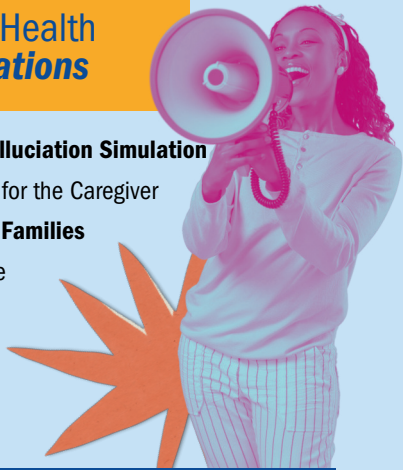
NAMI Ending the Silence: For Families

Burnout and Building Resilience

Anxiety and Depression Panel

NAMI In Our Own Voice

Stigmafree Workplace



Become a



Looking for something *more specific?*

The Intersection of Race and Mental Health

Mental Health in the LGBTQ+ Community

Understanding Substance Use Disorders

Mental Health in the Service Industry

First Responder Mental Health

The Effect of Gun Violence

Women's Mental Health

Understanding Suicide

Men's Mental Health

It was one of the most impactful moments of my professional career because I understood, deeply, what it meant for teammates to have a space where they didn't need to hide anymore.

-Tchernavia Rocker, EVP, Chief Administrative & People Officer, Under Armour

And don't miss...

LÖUDER

A NAMI Metro Baltimore Event where we recognize leaders who elevate the conversation around mental health, every April!

Start the conversation today!

Reach out to...

Lori Gorbey, Development Manager
lgorbey@namibaltimore.org
(443) 529-0231



National Alliance on Mental Illness

Metropolitan Baltimore

We are, at our core, a community of dedicated volunteers committed to uplifting voices of lived experience

to provide connection and hope.

Scan for even more!



namibaltimore.org



@namibaltimore



@nami-metropolitan-baltimore



HelpLine (410) 435-2600