

NAMI 101 and Suicide Prevention Month



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Statistics about Suicide

Thoughts of suicide can be frightening. But **by reaching out for help or checking in with family and friends, we can avoid devastating outcomes.** According to the CDC:

- **49,000 lives were lost** to suicide in 2023 alone
 - 12.8 million Americans seriously thought about suicide
- Suicide was the **11th leading cause of death** in the US during 2023
 - It was the 2nd leading cause of death in the US for ages 10-14, 15-24, and 25-34
- Groups at a **higher risk for suicide** include:
 - Veterans
 - Men
 - Tribal populations
 - Adults 35-64
 - LGBTQ+ Youth

What Can Lead to Suicide?

There is no single cause for suicide.

However, people who attempt suicide typically feel an overwhelming sense of:

- Emotional pain
- Loneliness
- Hopelessness
- Powerlessness
- Worthlessness
- Shame
- Guilt
- Self-hatred

Other factors that may put a person at risk of suicide can include:

- An undiagnosed or a diagnosed mental health condition
- Substance use and intoxication
- A family history of suicide
- Prolonged stress
- A recent tragedy or loss
- A history of trauma or abuse
- Past suicide attempts
- Access to firearms

What Are the Warning Signs of Suicide?

Most people who attempt suicide have given some warning, but this isn't always the case.

Some common warning signs of suicide to watch out for include:

- Talk of suicide or suicidal ideation
- Giving away personal possessions
- Talking as if they're saying goodbye or going away forever
- Taking steps to tie up loose ends, like organizing personal papers or paying debts
- Making or changing a will
- Stockpiling pills or obtaining a weapon
- Increased drug or alcohol use
- Sense of utter hopelessness & helplessness
- Saying things like "Nothing matters anymore" or "You'll be better off without me" or "Life isn't worth living anymore."
- Withdrawal from friends, family, and regular activities.
- Sudden cheerfulness or calm after a period of deep sadness.
- Major life change (death, job loss, relationship)

Protective Factors

Protective factors are **skills, strengths, or resources that can reduce the likelihood of attempting or completing suicide**. Some common protective factors include:

- Access to mental health care, and being proactive about mental health
- Feeling connected to family and community support, including responsibilities & duties to others
- Developing problem-solving and coping skills
- Opportunities to participate in and contribute to school or community projects and activities
- Limited access to lethal means
- Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem
- Strong sense of self-worth or self-esteem
- Sense of personal control or determination

What to Do if Someone is Struggling?

If you notice warning signs or are concerned about someone, don't be afraid to talk to them about it. Start the conversation by sharing specific things you've noticed:

- “I've noticed that you haven't been around much lately and that you seem really sad. How have you doing?”

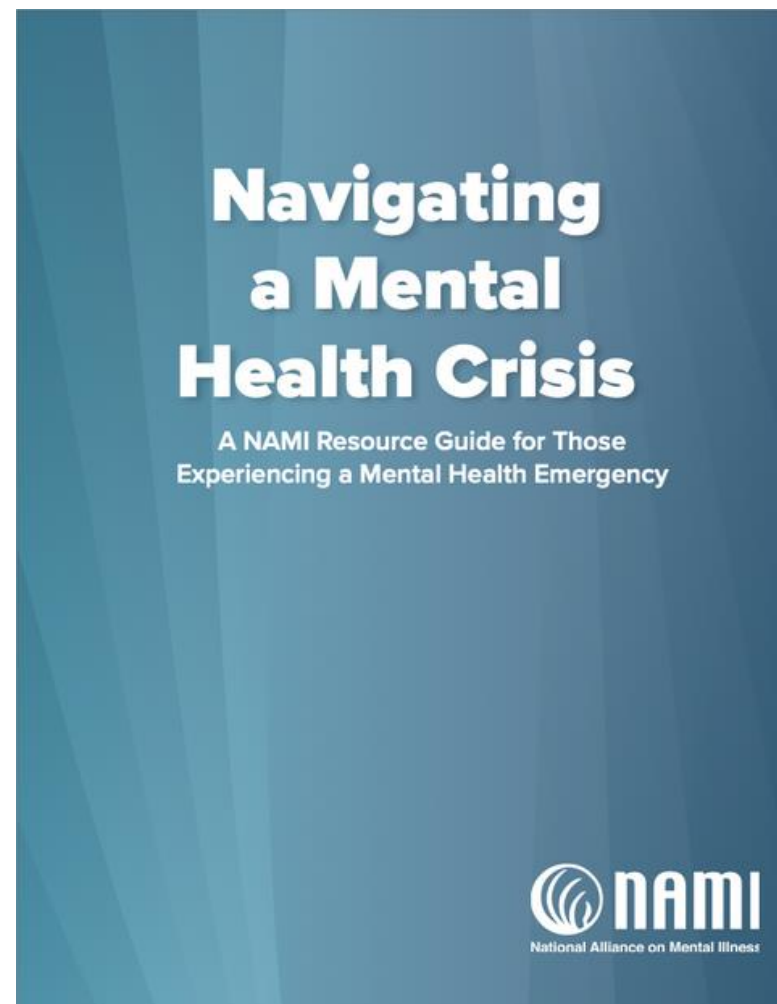
Based on the response, you can say something like:

- “Are you thinking about suicide?” | “Do you have a plan?” | “Do you know how you'd do it?”

If the answer to any of these questions is “Yes,” take them seriously and seek help immediately by:

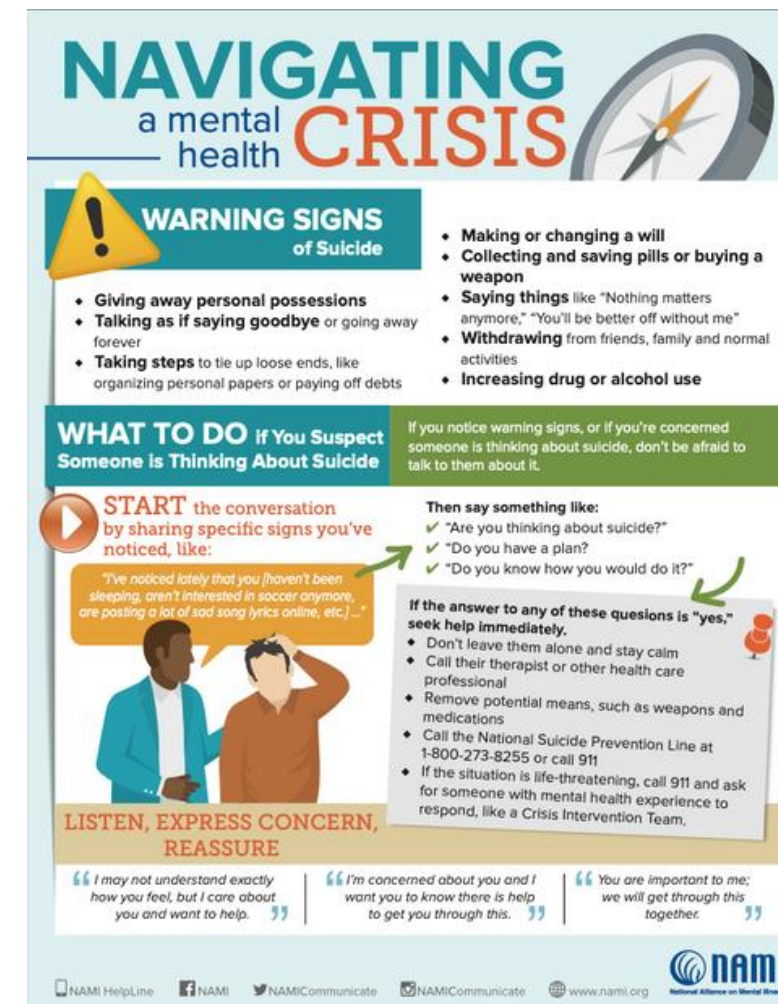
- Not leaving them alone
- Helping remove any lethal means
- Calling their therapist or other healthcare professional
- Calling 988, the National Suicide Prevention Hotline
- Offering to take them to mental health services or an emergency room

NAMI Resources That Can Help



Navigating a Mental Health Crisis Guide

Provides important, potentially life-saving information for people experiencing mental health crises and their loved ones



Navigating a Mental Health Crisis - Suicide PDF

A helpful one-page PDF containing common warning signs of suicide, as well as steps to take to help someone



Find these and other suicide resources on our website [NAMIGLAC.org/Suicide-Prevention](https://www.namiglac.org/Suicide-Prevention)

What is the National Alliance on Mental Illness (NAMI)?

NAMI is the **nation's largest grassroots mental health organization**, dedicated to improving the lives of all those who have been affected by mental health conditions.

Started by moms around a kitchen table in 1979, NAMI now has over **600 local affiliates** located in 49 states.

Members include **individuals living with mental health conditions**, as well as **those who support them**: their families, friends, spouses/partners, and caregivers.



What NAMI Believes

We believe that mental health conditions are **physical illnesses of the brain** - they are **not a choice**, nor are they a character flaw.

We also believe that because they are physical illnesses, **mental health conditions are no one's fault**.

You are the expert—you, your family, and your loved one are the best judges of what will and won't work in your specific situation.



NAMI Greater Los Angeles County

NAMI Greater Los Angeles County (GLAC) is the County's leading mental health nonprofit. We offer **support, education, and advocacy** for all those whose lives have been impacted by mental health conditions, as well as for the community at large.

NAMI GLAC's **no-cost, peer-led support groups and education classes** are meant for individuals living with mental health conditions, or for their families, partners/spouses, friends, and caregivers. We also offer community **presentations**, host countywide **events**, and **advocate** for local mental health policy.

We know that coping with a mental health condition can be overwhelming because we've been there too. Whatever you're struggling with, we can help you **discover that you are not alone**.



NAMI GLAC Chapters

NAMI GLAC is comprised of six local Chapters

 **NAMI San Fernando Valley**
National Alliance on Mental Illness
An Affiliate of Greater Los Angeles County

**Serves the San Fernando
and Santa Clarita Valleys**
namisfv.org | 818-994-6747

 **NAMI Pomona Valley**
National Alliance on Mental Illness
An Affiliate of Greater Los Angeles County

**Serves the Pomona Valley
and nearby areas**
namipv.org | 909-399-0305

 **NAMI Glendale**
National Alliance on Mental Illness
An Affiliate of Greater Los Angeles County

**Serves Northeast Los Angeles,
including Hollywood**
namiglendale.org | 213-797-0494

 **NAMI Greater Los Angeles County**
National Alliance on Mental Illness
Serving Long Beach and Whittier Areas

**Serves the Long Beach
and Whittier areas**
namiglac.org/longbeach
213-386-3615

 **NAMI San Gabriel Valley**
National Alliance on Mental Illness
An Affiliate of Greater Los Angeles County

**Serves the San Gabriel Valley
and nearby areas**
namisangabrielvalley.org
626-365-0365

 **NAMI South Bay Los Angeles County**
National Alliance on Mental Illness
An Affiliate of Greater Los Angeles County

Serves the South Bay area
namisouthbay.com
310-533-0705

NAMI Signature Support Groups



By sharing your lived experiences in a safe, empathetic setting, you can gain hope for the future and develop supportive relationships.

NAMI's support groups are unique because they are peer-led and follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

- For adults aged 18+
- Free of cost to participants
- No specific medical therapy or treatment is endorsed
- Confidential

NAMI Support Groups for Families



NAMI Family Support Group is meant for and led by family members, significant others, friends, and caregivers of people living with a mental health condition.

NAMI GLAC also offers **family support groups tailored for different identities:**

- **In Spanish** (Grupo de Apoyo para Familiares)
- **In Japanese** (Sharing and Caring)
- For the **LGBTQ+** community
- For **Faith-based** communities



NAMI Support Groups for Peers



NAMI Connection Recovery Support Group is meant for and led by any adult (18+) who has experienced the symptoms of a mental health condition.

NAMI GLAC also offers **peer support groups tailored for different identities:**

- **In Spanish** (Conexión)
- For the **LGBTQ+** community
- For **Women and Non-Binary Women of Color**



Fire Affected Support Group

If you or someone you know were impacted by the 2025 Los Angeles Wildfires, NAMI San Gabriel Valley invites you to attend their monthly **Fire Peer Support Group**.

This group is a **safe, confidential, no-cost** space for shared experiences and healing. Come to process any and all challenges you may be facing from the fires with understanding facilitators—many of whom have firsthand experience navigating similar hardships.

Group meets every **3rd Tuesday on Zoom** from **5:30-7:00 PM**. No registration required.

Visit [NAMISanGabrielValley.org](https://www.NAMISanGabrielValley.org) for more



Introducing a new monthly

Fire Peer Support Group

No obligations | No cost
No registration required



<https://us02web.zoom.us/j/82656151783>
Meeting ID number: 826 5615 1783

Meeting link is also available by scanning the QR code.

 Offered virtually monthly, every 3rd TUESDAY.
BEGINS JULY 15, 5:30–7 pm

 info@namisgv.org  626-365-0365  Online

NAMI Family Education



NAMI Family-to-Family is a free 8-week class for adults (18+) who are family members, significant others and friends of people with mental health conditions. Participants will gain a better understanding of mental health conditions, improve their coping skills, and empower them to advocate for their loved one. **Available in Spanish:** De Familia a Familia



NAMI Basics is a free 6-week class for parents, caregivers and other family who provide care for children and youth (ages 22 and younger) experiencing mental health symptoms. Participants will gain a better understanding of mental health conditions and how they can best support their child. **Available in Spanish:** Bases y Fundamentos de NAMI



NAMI Peer Education



NAMI Peer-to-Peer is a free, 8-week class for adults (aged 18 or older) living with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, Peer-to-Peer includes activities, discussions, skill building, and informative videos.



Available in Spanish: De Persona a Persona



NAMI GLAC Connect with HOPE Warmline



NAMI GLAC Connect with HOPE Warmline

Get free, confidential, peer-led mental health support and resource navigation from our team of trained Peer Support Specialists.
¡Hablamos español!

Hours: Monday - Friday, 10 AM to 8 PM
Saturday, 10 AM to 2 PM

Phone: (818) 208-1801

Email: Hope@NAMIGLAC.org

Learn more at NAMIGLAC.org/Warmline

Whether you need **emotional support, help finding resources, or just a moment of connection**, NAMI GLAC's Connect with Hope Warmline is here for you.

Our Certified Peer Support Specialists provide free, confidential, empathetic support which honors your journey and empowers you to find hope & healing.



Hours: Mondays-Fridays from 10 AM-8 PM and Saturdays from 10 AM-2 PM



Phone: (818) 208-1801



¡Hablamos español! Presione #2



Email: Hope@NAMIGLAC.org



Web: NAMIGLAC.org/Warmline



NAMIWalks Greater LA County Mental Health Fest



Brings together Angelenos whose lives, loved ones and families have been impacted by mental health disorders. This free, community-wide event is more than just a Walk – it's a Mental Health Festival featuring family-friendly community wellness activities, resources, and food trucks. Proceeds help raise awareness, fight stigma, and fund vital mental health programs and services in the community.

Join us on Saturday May 16th, 2026



NAMI GLAC Conference: Together for Mental Health Access, Advocacy, and Action

The LA Mental Health community comes together to provide information on the state of mental health treatment, advocacy, and innovations. This **one-day conference** focuses on families and individuals affected by mental illness. Highlights of the conference include inspiring keynote presentations and breakout sessions like “**New treatments for Psychosis**” and **Ask the Lawyer**” led by passionate advocates and esteemed experts on mental health and advocacy.



The poster features the NAMI logo (National Alliance on Mental Illness) and the text "Greater Los Angeles County" in the top left. Below this, the word "CONFERENCE" is written in large, bold, orange letters. Underneath, the tagline "Together for Mental Health Access, Advocacy, & Action" is written in white. A calendar icon with a clock is positioned to the left of the date "OCTOBER 28, 2025" and the time "9:00 AM – 4:00 PM". At the bottom, there is a photograph of a smiling woman with dark hair, wearing a green shirt and a name tag, holding a clipboard. The background of the photo shows a blurred indoor setting with other people.

NAMI Greater Los Angeles County
National Alliance on Mental Illness

CONFERENCE

Together for Mental Health Access, Advocacy, & Action

 **OCTOBER 28, 2025**
9:00 AM – 4:00 PM



A green rectangular box with a black border. At the top, the text "JOIN US" is written in bold, black, uppercase letters. Below this, there are two QR codes side-by-side. Under the left QR code is the word "English" and under the right QR code is the word "Español", both in bold, black, uppercase letters.

JOIN US



English **Español**

Thanks for Having Us!

Find out about all our local support groups, education classes, presentations, workshops, and fun community events on the NAMI GLAC calendar.

Visit **NAMIGLAC.org/Calendar** or scan the QR Code below



NAMI GLAC

Website: NAMIGLAC.org

Office: 213-386-3615

info@namiglac.org
helpline@namiglac.org

Connect with us on Social Media @namiglac

