



Mental health calls for help have exploded since the COVID-19 pandemic. People call crying, confused, and desperate. The staff on the other end of the line understand the pain. They have lived it too.

The NAMI (National Alliance on Mental Illness)–Santa Clara County Warmline staff and volunteers listen and then empower callers with the tools needed to confront a mental health crisis. Warmline services provide customized one-on-one support and resources. To provide this high quality of service, funding is needed to maintain trained staff and other supports that power Warmline operations.

The NAMI Warmline is a beacon of hope.

Sarah Prabhu, who manages the NAMI-SCC Warmline, understands those frantic calls. Through NAMI support groups and family classes, she and her husband, Mahendra, found the necessary tools to advocate for their daughter, Joanna, who was diagnosed with Obsessive-Compulsive Disorder (OCD) with anxiety and depression at age 16.

Once the Prabhus understood their daughter's medical condition, they proactively tackled the illness. Their daughter's mental health became paramount,

and their priorities shifted from steering Joanna toward the best college to allowing Joanna to chart her own path.

Today, at 24, Joanna is a NAMI Ending the Silence presenter. The program is geared toward middle and high schoolers to raise awareness and change the perception of mental illness. She is also a NAMI Peer Connector helping mentor individuals in need of support from someone with lived experience.

NAMI-SCC helped the Prabhus understand mental illness. NAMI helped them become advocates for their daughter and others struggling with mental illness. Without the NAMI Warmline, family classes, and presentations like Ending the Silence, families and individuals with mental illness would lack the tools and understanding of how to navigate mental illness and the healthcare system in Santa Clara County.

With help from friends like you, NAMI-SCC has been dedicated to serving the community through education, support, and advocacy for **46 years**. Last year, NAMI-SCC served over **11,000 people** through educational courses, community presentations, Warmline assistance, peer support, and support groups—all with zero fees.

Research shows that **1 in 5 people** are currently living with a serious mental health condition; it is likely you have a friend, family member, or colleague experiencing it. Show them you care by donating to NAMI-SCC.

Any amount will help!

Please scan the QR code to donate online or use the enclosed envelope to donate by check. You can also visit <https://give.namisantaclara.org/donate>

With Deep Gratitude,



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