



NAMI
National Alliance on Mental Illness

San Diego

May 2018 Newsletter update

In the May edition of the NAMI San Diego Newsletter, we announced NAMI San Diego's new Education Director, but we left out the most important part - her name! We will now officially introduce her... **Suzette Southfox**. If you haven't yet read the announcement, you'll find it below. Thank you to those who notified us of this omission.

Meet our Education Department Director Suzette Southfox

Each and every day, NAMI San Diego makes a difference in the lives of families who live with the challenge of mental illness. Families just like mine. I am proud to have served NAMI through supporting San Diego's Children, Youth & Families System of Care. In February, I became NAMI San Diego's new Director of Education and I look forward to expanding the reach of advocacy and support through bringing education to families of all shapes, abilities and sizes. It is a privilege to join an Education Department with a strong team that regularly moves mountains and transforms lives. With joy, I walk with leagues of peers, loved ones and champions who profoundly believe that ALL families touched by mental illness deserve to live supported, informed, productive and meaningful lives.



May is Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

In 2018, NAMI will promote the theme of "CureStigma" throughout all awareness events, including Mental Health Month. [Read more...](#)



May is
Mental Health
Awareness Month

May Event in San Diego

The Challenge of Engagement: Providing Hope

MHS IHOT North Summit will provide an opportunity for San Diegans in the North County to develop a better understanding of how to engage and support those with severe mental illness, as well as their families. The IHOT North team will share about the challenge of engaging individuals who are reluctant to engage in mental health services. We have gathered expert speakers, first responders, treatment providers, mental health advocates, and educators to address the challenges of engaging in treatment and building an ongoing support network for individuals who experience significant mental health challenges.

May 24th

California Center for the Arts, Escondido

340 North Escondido Boulevard, Escondido, California 92025, USA

[Event Website](#)

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