Thank you for your generous gift in 2020. Because of you, we were able to inspire and encourage more people experiencing mental health challenges and, in doing so, tackle societal misperceptions and stigma. We offered not only hope but also concrete examples of how we live well with mental health conditions, giving others a road map to recovery.

By sharing our stories, we helped individuals like Jesse to see that it is possible to recover and live a full life with a mental health condition.

“I found myself feeling lost and hopeless when I was first diagnosed with bipolar disorder, and when I found The Stability Network, I felt an immense sense of community in knowing that it would be okay and that there is a future for all of us.”

JESSE CALDERON, UNIVERSITY STUDENT

We are living proof you can thrive with a mental health condition
Your partnership made the following possible in 2020:

- Reached 60,000 individuals with messages of hope, changing lives for the better.

- Trained 44 new advocates living with mental health challenges to share their stories in a way that reduces stigma and helps others to see a roadmap to recovery in their own lives.

  “I consistently hear how helpful it was to hear from someone with lived experience, and I’m just so grateful to Stability Leaders for being brave and sharing their stories with us.” – Suzy Hence, Psych Hub

- Recruited 57 new Stability Leaders, expanding to Kenya, South Africa, and India, and continued to provide support for our community of 230+ advocates through volunteer-led virtual support groups, storytelling coaching and mentorship, access to resources, and providing opportunities for storytelling and connection.

  “When the pandemic started in mid-March my depression got much worse and lasted over a month. I had to reassess my situation and reach out for help. I was grateful to have my Stability Network community to turn to.” – Geralyn Giorgio, Stability Leader

- Reached more than 1,600 people through public speaking engagements at universities, companies, community settings, and other (virtual) venues.

  “The Stability Network is moving the conversation around mental health forward in a positive way and proving that you can have a successful and full life, both professionally and personally, regardless of your mental health diagnosis.” – Shefain Islam, Student at NYU
Provided COVID-19 specific programming to share widely the strategies that were working for our Stability Leaders to stay well. We pushed that content out through social media, a live virtual panel, and blogs on our website. We supported our own community through additional weekly support calls.

“Working with The Stability Network has been helpful for my team to be able to connect with highly trained professionals that can speak to a wide spectrum of mental health needs.” - Evelyn Cooke, Lime Connect

Took action toward racial equity by expanding our board to add four new members who bring important varied perspectives, creating an equity committee to evaluate our organization's programs and guide decision making, and spreading awareness of racial inequities that exist in mental health through our Stability Leader generated blogs.

Grew our team, adding a full-time program coordinator to make more impact and support possible.

Created a media team of Stability Leaders that have been supported and trained to respond to media requests and provide hopeful, positive depictions of mental health using their lived experience.

Improved our monitoring and evaluation framework, crafting a new, more meaningful metrics framework based on behavior change, and updated our survey tools accordingly.
THANK YOU

THIS YEAR, WE GREW OUR DONOR BASE BY 7 TIMES

FOUNDATION GIFTS:
- JJCJ Foundation
- Jolene McCaw Family Foundation

THANK YOU TO OUR PARTNERS:
- Global Mental Health Peer Network
- InsideOut
- Lime Connect
- Living Proof Advocacy
- NAMI
- One Mind at Work
- Psych Hub
- United for Global Mental Health

238 Total Donations from 184 Donors

Together, we will realize our vision of having a Stability Leader in every zip code, ensuring that all those experiencing mental health challenges can thrive in supportive workplaces and communities.