During the 1970s, family support groups scattered around the nation were seeking answers and treatments for their loved ones affected by mental illness. One group in California transformed a small gathering of families into an organization called Parents of Adult Schizophrenics, a forerunner of the National Alliance on Mental Illness (NAMI). The local coming together helped spur a national movement.

This local coming together helped spur a national movement. What started as a wave of frustrated parents concerned for their children grew into a tsunami of organized trailblazers eventually changed its name to the Alliance for the Mentally Ill of San Mateo.

Follow our journey as we capture some of the many milestones in advocacy, research, education and awareness achieved over 40 years!