



National Alliance on Mental Illness

Biographies of Featured NAMI Leaders

For interested English speakers

Vídeo de NAMI sobre la recuperación de salud mental en la comunidad latina



Henry Acosta

Executive Director, [National Resource Center for Hispanic Mental Health](#)
New Jersey (NAMI Mercer County)

NAMI roles: NAMI National Board of Directors, 2nd Vice President; volunteer;
past Family to Family teacher

“I became involved with NAMI New Jersey in 2002 when exploring available educational programs for family members with a loved one with a mental illness. Since then, I have worked closely with [NAMI New Jersey en Español](#) and have served on NAMI National Board of Directors since 2009.

“I want people who see this video to understand that those with a mental illness are capable of leading healthy, productive and independent lives; that they are people of all ages, socioeconomic status, genders and religious backgrounds who can contribute to our nation with proper treatment, supports and acceptance.”



Haydee Meza

Arizona (NAMI Southern Arizona)

NAMI roles: Volunteer, member, coordinator of [Peer to Peer](#) and [Persona a Persona](#)

“I was invited to take the Persona a Persona class four years ago and have remained active with NAMI ever since. I want those watching this video to learn that the way I began to work on my recovery was to help others.”



Rita Navarro

California (NAMI San Diego)

NAMI role: staff-- Operations Manager for [NAMI San Diego](#)

“I came to NAMI in early 2004 as an employee. I found NAMI or NAMI found me before I needed all the great information. I was lucky to have the resources and support when needed.

“I want people to realize that we each have our own journey and we continue to work for our own stability, whether that is as a peer or family member. Education and support is available to help us through it all. We are not alone.”



Sue Soriano

Pennsylvania (NAMI Montgomery County)

NAMI roles: Volunteer, member, [Family to Family](#) educator, Latino outreach

“I found NAMI through a brochure that was given to me at the psychiatric hospital where my son was receiving services. I have been involved since 2008.

“When people watch this video I hope they understand and gain insight that mental illness is real and that it can happen to any of us, to think about and have a feeling of what their loved ones, friends, etc, are going through. With that, I hope they do whatever they can to help those around living with one of these illnesses. I also hope they join NAMI and help us in our fight against stigma and victimization.

“Recovery is a long road and there are no easy ways to travel it. There's help to make it more bearable and NAMI is there to provide that help.”