

## WHO WE ARE

**NEW NARRATIVE** is a non-profit, community mental health agency providing integrative mental health wellness throughout Multnomah and Washington county. We offer services to adults age 18 and older with a range mental health concerns.

We support individuals reach their fullest potential through comprehensive services tailored to their unique needs. Our goal is to ensure people seeking mental health care can develop the **tools to thrive, not just survive.**

## OUR WORK

We address the dual issues of mental health and housing insecurity by providing services such as **clinical out-patient and residential mental health treatment, transitional and permanent housing, peer support, life-skills training and other mental wellness programs.**



## Karen's story

"Having gotten out of 2.5 years of hospitalization at Oregon State Mental Hospital, I had no money, no job, no social network, and was living in a group home. I was referred to New Narrative's Self-Directed-Services (SDS) Program, which was a big stepping stone for me, a morale boost, confidence builder, and a resource to help me build back my mental and physical health.

Check-ins with the Peers who model successful recovery and who supported me in all my goals meant the world to me. Purchases with the SDS funds helped me improve my physical and mental health and gave me independence and built my confidence. Now, with housing and peer-support provided, I live 100% independently in my own apartment. I have a full-time job in Information Technology. I prepare healthy meals with the cookware and other kitchen supplies I got with SDS funds. I will be forever grateful for the SDS program and for the team at New Narrative. Thank you!"

## A NEW NARRATIVE FOR MENTAL HEALTH

**2200 +**  
participants served

**600**  
received peer support

**250+**  
participants housed

**250+**  
received job training

### When You Give, People Thrive

- **\$100** can provide up to 2 months of medications for someone.
- **\$300** can provide up to 3 months of employment mentorship.
- **\$500** can provide up to 5 months of group therapy for someone.
- **\$2500** can provide up to 6 months of rent for someone at Bridgeview Community



Text "**NewNarrative**" to **44-321** and support Mental Health

or visit us online at

[www.newnarrativepdx.org/donate-to-new-narrative](http://www.newnarrativepdx.org/donate-to-new-narrative) to give