

NAMI ON CAMPUS



Startup Packet

NAMI
3803 N. Fairfax Dr., Suite 100
Arlington, VA 22201
Main: (703) 524-7600
Email: namioncampus@nami.org
Website: www.nami.org/namioncampus

NAMI on Campus

STARTUP PACKET

Introduction

Congratulations on taking the first step to starting a NAMI on Campus club! This is the packet you need to complete to become a recognized and approved NAMI on Campus club. In summary, you will need to:

1. Notify NAMI of your interest to start a club. **Please note:** You must notify NAMI of your interest to create a club before you start the process and complete this Startup Packet.
2. Get recognized by your college as a student club.
3. Connect with your NAMI State Organization and NAMI Affiliate to receive local support and complete this Startup Packet to get approval from NAMI national.

NAMI is here to help you every step of the way. Please email any questions to namioncampus@nami.org.

This online Startup Packet includes everything you need to successfully start a NAMI on Campus club. In this packet, you will find the following items:

- Information on NAMI and NAMI on Campus to provide you with important background information and an understanding of what it means to become involved with NAMI and NAMI on Campus.
- A NAMI on Campus Checklist (Form A) to help you organize and complete all of the steps required to become an official NAMI on Campus club.
- A NAMI on Campus Information Sheet (Form B) for you to fill out so NAMI can learn about your club.
- A Connecting with NAMI Document (Form C) to ensure you connect with your NAMI State Organization and NAMI Affiliate.
- Links to exclusive resources and templates to help you start your club.

A completed, signed NAMI on Campus Startup Packet with the requested documents must be emailed to NAMI national at namioncampus@nami.org for final approval. NAMI will review the packet and send you a welcome letter once approved.

Complete contact information for NAMI on Campus:

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Thank you for your interest in NAMI on Campus. We look forward to working with you!

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all those in need.

NAMI's mission statement

NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life for all persons affected by mental illness. NAMI will advocate at all levels to ensure that all persons affected by mental illness receive the services that they need and deserve, in a timely fashion. Mental illnesses should not be an obstacle to a full and meaningful life for persons who live with them.

What we do

In support of NAMI's mission, NAMI focuses on the following activities:

- Offering free [national education programs and peer support groups](#) for people of all ages and backgrounds that provide them with valuable information and peer support.
- Creating and disseminating a number of [resources](#) on mental health and related issues, with special focus on [multicultural communities](#), [children, adolescents and young adults](#) and [veterans](#).
- Running a national [Helpline](#) to connect individuals to help in their communities.
- Delivering mental health awareness events and activities like [NAMIWalks](#) and [NAMIBikes](#) in communities.
- Advocating on behalf of individuals living with mental health conditions and their families on a broad range of [policy issues](#) impacting their lives and health.
- Hosting national training [events, conferences and webinars](#) on mental health topics.
- Managing the [NAMI website](#), which receives over 5.4 million visitors a year who turn to NAMI for information, referral and education.
- Sharing the personal lived experiences of individuals with mental health conditions and their families and friends.

NAMI has NAMI State Organizations in every state and NAMI Affiliates in many local communities that help bring NAMI's mission to the state and local levels while also identifying and working on issues most important to their communities. NAMI State Organizations and NAMI Affiliates offer information and referral services, interact with local professionals, run education programs and support groups, recruit new members, host mental health awareness events and activities and advocate at the local and state levels. Learn more about NAMI at www.nami.org.

About NAMI on Campus

NAMI on Campus is an exciting extension of NAMI's mission into the campus community. NAMI on Campus clubs are student-led clubs that tackle mental health issues on campus by raising mental health awareness, educating the campus community, supporting students, promoting services and supports and advocating. These clubs are open to all students, whether they live with a mental health condition, are a family member or friend or have an interest in mental health. NAMI on Campus clubs aim to address the mental health needs of all students so they have positive, successful and fun college experiences.

Mental health issues are more prevalent than ever on college campuses. NAMI on Campus clubs help address these issues and truly make a difference in the lives of students. [Learn more](#) about the mental health issues impacting students and how [NAMI on Campus clubs help](#).

Club leaders have access to the staff, programs, resources, opportunities, benefits and support of being part of the larger NAMI cause—even beyond their college years. NAMI on Campus leaders are granted exclusive access to a broad range of online resources and materials to help them start and sustain a successful NAMI on Campus club. They are also provided with various networking opportunities to connect with other leaders.

Starting a NAMI on Campus club requires work and a true commitment, but it is a wonderfully rewarding experience that is worth the effort. NAMI is here to help every step of the way to make the process as easy as possible for you. Learn more about NAMI on Campus at www.nami.org/namioncampus.

How is NAMI on Campus different than other student clubs?

There are several student mental health clubs that exist and may operate at the national, state or local levels. These clubs often have different strengths, focuses and purposes within the campus community. NAMI firmly believes there is a unique place and need for each of these clubs and that these clubs can exist together in a campus community. If other clubs exist on your campus, look into ways your NAMI on Campus club can complement their current efforts and effectively collaborate with them.

NAMI on Campus differs from other student clubs in many ways. Here are a few of our unique strengths:

- As a NAMI on Campus club, you will belong to the largest grassroots mental health organization in America. This helps to give your club credibility, recognition and support. Also, by joining the NAMI cause, your voice is counted and heard in the broader mental health movement.
- NAMI on Campus leaders are provided with exclusive access to resources and opportunities just for them, including a comprehensive NAMI on Campus toolkit that includes everything they need to successfully run their club. They are also given chances to network with other NAMI on Campus leaders to exchange ideas, thoughts and advice.
- NAMI on Campus clubs get direct support from NAMI staff who can provide technical assistance, tools to address challenges and various templates to create websites, develop resources and marketing materials and launch events.
- Since NAMI has NAMI State Organizations and NAMI Affiliates in most communities, NAMI on Campus clubs also have access to local support groups, programs, services and helpful individuals.
- Most importantly, NAMI is a lifelong organization that focuses on people of all ages. This means that there are many perks to being involved with NAMI on Campus that will extend beyond your college years.

NAMI will be there for you, your family and your peers even after you graduate.

Learn more about the [unique benefits of NAMI on Campus](#).

NAMI on Campus Checklist

FORM A

These are the steps that must be completed to become an approved NAMI on Campus club. The steps include links to additional information, resources and templates to help you complete them. NAMI is also here to help every step of the way. Please email any questions to namioncampus@nami.org.

- First, complete the [NAMI on Campus interest form](#). This will notify NAMI of your interest and will start the process. **NAMI must be notified of your interest before you begin the process of creating a NAMI on Campus club.** NAMI will review the form and guide you through the next steps.
- Create a [free NAMI online account](#). Having an account allows you access to exclusive NAMI on Campus resources. It also gives lifetime perks from NAMI for you, your friends and your family.
- Review [NAMI's Identity Guide](#) to learn the rules on talking about NAMI and using the NAMI brand. NAMI will provide specific information about NAMI on Campus club logos and other artwork once your club is approved.
- Reach out and connect with your NAMI State Organization and NAMI Affiliate. NAMI can help facilitate this process.
- [Learn about](#) and complete the steps necessary to become a recognized club at your college. Once you are a recognized club, you will need to send documentation to NAMI.
- [Recruit at least five members](#), as defined by your school, to become involved in your NAMI on Campus club. Create a membership list that will be sent to NAMI. The list should include [club officers](#).
- [Recruit an advisor](#) for your NAMI on Campus club. This advisor can typically be any staff, faculty or administrator at your college. You will need to send contact information for your advisor to NAMI.
- Create [bylaws and/or constitution](#) for your NAMI on Campus club to send to NAMI.
- Email a completed Startup Packet to namioncampus@nami.org for final approval. The packet should include:
 - This NAMI on Campus Checklist with your digital or handwritten signature (Form A)
 - NAMI on Campus Information Sheet (Form B)
 - Completed Connecting to NAMI Sheet (Form C)
 - Your bylaws and/or constitution
 - Club membership list with officers and advisor contact information
 - Club recognition documentation from your school

I certify that I have completed the above steps and am ready to get final approval from NAMI!

Name (print)

Signature

Date

NAMI on Campus Information Sheet

FORM B

Contact Information

Name of Proposed Club _____

(Your club name should be "NAMI on Campus [your school]")

Contact Person (president) _____

Contact Address _____

City _____ State _____ Zip Code _____

Telephone _____ E-mail _____ Club Website (optional) _____

Club Mission Statement (consistent with [NAMI mission statement](#)) _____

Planned Activities

Please share with us the activities you are interested in implementing as a NAMI on Campus club. This will help us provide you with appropriate support. For ideas, see the [NAMI on Campus Ideas Booklet](#).

- Facilitating a support group or discussion group on campus.
- Providing information to students about services and supports on and off campus.
- Collaborating with campus staff, faculty and administrators on projects.
- Performing fundraising activities on campus to support your club.
- Partnering with your NAMI State Organization and/or NAMI Affiliate to bring a NAMI education program and/or support group to campus, to host a NAMIWalks or NAMIBikes on campus or to work on a different collaborative project.
- Engaging in advocacy to improve services and supports available on campus.
- Implementing mental health awareness activities on campus.
- Initiating a social media campaign.
- Working with local media on mental health issues.
- Providing education and training on mental health issues to the campus community.
- Other (please list) _____

Club Statements of Agreement

Please agree to the following statements by typing your school's name in the blank boxes.

NAMI on Campus _____ acknowledges that the NAMI name, acronym and logo and other NAMI trademarks, service marks, trade names and logos identified by NAMI from time to time are the intellectual property of NAMI. NAMI controls the use of the name, acronym and logo of NAMI and the club is granted a limited, revocable, non-exclusive, non-divisible, non-transferable right to use the NAMI name, acronym and logo and other NAMI trademarks, service marks, trade names and logos identified by NAMI from time to time for as long as the club shall exist. In the event that the club disbands, the former club members and officers shall discontinue use of the NAMI name, acronym and logo.

NAMI on Campus _____ shall endeavor to sponsor and conduct programs and activities that further the purposes and objectives of NAMI, and shall use its best efforts to ensure that such programs and activities are consistent with NAMI's stated values and mission.

Connecting to NAMI Sheet

FORM C

You are required to reach out to your NAMI State Organization and NAMI Affiliate early on in the process of starting a NAMI on Campus club. These connections will be extremely valuable as you move forward with your club. If there is no NAMI Affiliate readily available near your campus, you can reach out to your NAMI State Organization only.

NAMI will help facilitate this process by connecting you with the right people at your NAMI State Organization and NAMI Affiliate. Please email namioncampus@nami.org if you need assistance reaching out to them.

Please note that there are many benefits to connecting with your NAMI State Organization and/or NAMI Affiliate. These benefits may include:

- Local support for your NAMI on Campus club if and when you need it.
- Expertise on mental health issues and services and supports that exist in your community.
- Resources, materials, programs and space for you to use.
- Training and internship opportunities for you and your club members.
- Wonderful staff and volunteers who can help you bring NAMI programs to your campus community and implement other collaborative projects.
- Options to help sustain your club after you graduate.
- Lifetime local support for you, your peers and your family well after your college years.

It is highly recommended that you stay in touch with your NAMI State Organization and/or NAMI Affiliate after you start your NAMI on Campus club to identify opportunities to work together!

.....
Please complete the information below to record who you have connected with at your NAMI State Organization and NAMI Affiliate.

Please check all that apply.

I reached out and connected with _____ at
(Contact Name and title)

_____ on _____
(NAMI State Organization) (date)

I reached out and connected with _____ at
(Contact Name and title)

_____ on _____
(NAMI Affiliate) (date)

I have not been able to reach my NAMI State Organization and/or NAMI Affiliate but understand the need for this connection. Please provide assistance in making this connection for me.