

What is 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 of those in need.

www.nami.org

Twitter: NAMICommunicate

Facebook:

www.facebook.com/OfficialNAMI

NAMI Helpline: (800) 950-6264

How do I start a NAMI on Campus club?

The first step is to complete the NAMI on Campus interest form. This will notify NAMI of your interest and will start the process.

NAMI will review the form and provide you with the NAMI on Campus Startup Packet, which includes everything you need to get started. NAMI is available to help you every step of the way.

To learn more about NAMI on Campus and to access the interest form and other resources, visit www.nami.org/namioncampus.



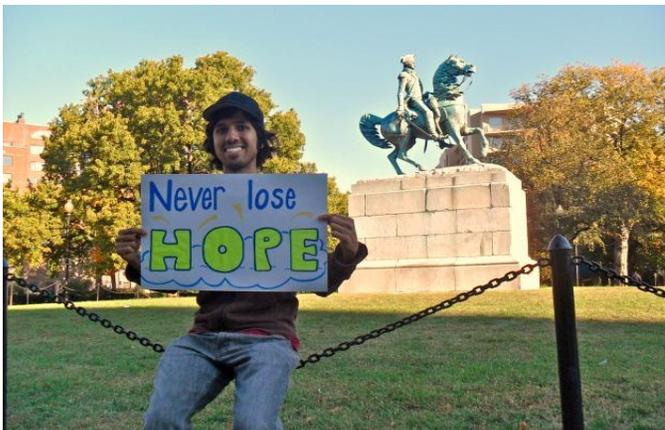
Student-led clubs that tackle mental health issues on campus



I joined NAMI on Campus to positively impact others around campus and contribute to ending the stigma and isolation associated with having a mental illness.

- Student, North Carolina State

Cover photo credit: NAMIWalks Northern Virginia



Support, Awareness and Education

Why Start a Club?

Mental health issues are more prevalent than ever on college campuses. Students have cited depression and anxiety as among the top barriers to academic success.

Many students living with mental health conditions do not get help. Concern of stigma is the number one reason why they do not.

Without treatment, young adults with mental health issues are more likely to receive lower GPAs, drop out of college or be unemployed.

Students have emphasized the critical need for peer-run, student mental health organizations to reduce stigma and create a positive, supportive school environment.

NAMI on Campus clubs can help to make a difference.

What is NAMI on Campus?

NAMI on Campus is an extension of NAMI's mission into the campus community. NAMI on Campus clubs are student-led and tackle mental health issues on campus by:

- Raising mental health awareness.
- Educating the campus community.
- Supporting and connecting students.
- Promoting services and supports.
- Advocating.

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.

Club leaders have access to exclusive online club materials and to the staff, resources, opportunities and support of being part of the larger NAMI cause—even beyond their college years.

NAMI on Campus has been an incredible gift to my life. It has allowed me to connect and meet students around campus. I feel accepted.

- Student, Christopher Newport University

How is NAMI on Campus different?

There are several student mental health clubs that exist. NAMI believes there is a unique place and need for each of these clubs and that these clubs can work together.

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

- NAMI is the largest grassroots mental health organization in America. By joining, students are part of the broader mental health movement.
- NAMI provides student leaders with direct support and exclusive access to national resources and networking opportunities.
- NAMI State Organizations and NAMI Affiliates provide clubs with local support, resources and programs to bring to their campus communities.
- Most importantly, NAMI is a lifelong organization. NAMI is there for students, their peers and their families, always.