



NAMI ON CAMPUS

At-A-Glance

National Alliance on Mental Illness

What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI started as a small group of families gathered around a kitchen table in 1979 and has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 49 State Organizations that work in your community to raise mental health awareness and provide support and education.

Why NAMI On Campus?

NAMI On Campus clubs are student-led, student-run mental health organizations for colleges and high schools. NAMI On Campus clubs:

- Raise mental health awareness with fairs, walks, activities, candlelit vigils and more!
- Educate the campus with presentations, guest speakers and student panels.
- Advocate for improved mental health services and policies on campus.
- Support peers with signature NAMI programs from NAMI State Organizations and NAMI Affiliates (NSONAs).

As a member of a NAMI On Campus club, you will belong to the largest grassroots mental health organization in America. Club leaders have access to the staff, resources, opportunities and support that comes with being part of this national movement, including opportunities beyond your college years.

Who can start a club?

NAMI On Campus is available to high schools and colleges across the U.S. and is supported by NSONAs. To get started, [reach out to your NSONA](#).

What should you do before getting started?

1. Develop a relationship and good communication with your NSONA. This can be done through visiting their office (if applicable), and scheduling meetings to discuss plans for setting up a club.

2. Find a faculty advisor. This role is important because the faculty advisor is aware of policies and procedures around student clubs, activities and events at your school. They can help keep the club focused and communicate with other school staff and leadership to make your plans a reality. Talk to school staff that you have a relationship with, see if they're interested in supporting NAMI On Campus or know of another staff member who would be.
3. Recruit a committed group of students who will help support the start of your club, see it through its development and be part of its success.

How should a club plan their year?

This will depend on ideas generated by the club leaders and members and working with your faculty advisory. It's best to start small and add activities and events as the club develops. To start, plan a small activity at each meeting. Then, as you build the number of attendees, work together to plan campus-wide events to show more of your peers and faculty why mental health is important. If your club starts earlier in the school year, you can put in your planning to work up to one big event during a special time, like [Mental Health Awareness Month](#), and other mental-health-related awareness events.

If you have any questions as you're starting your new club, please don't hesitate to contact your NSONA. You can also email NAMI National at namioncampus@nami.org for additional support and resources.



NAMI HelpLine Call: 1-800-950-NAMI (6264) | Text: "helpline" to 62640 | Chat: nami.org/help