



Volunteer Opportunities

The mission of NAMI North Carolina is to improve the quality of life for individuals and their families living with the debilitating effects of severe and persistent mental illness. We work to protect the dignity of people living with brain disorders through advocacy, education, and support. We have a Helpline, we offer support to all of our 30+ affiliates across the state by offering NAMI's signature educational programs to families and people living with mental illness. We also have an annual conference, our NAMIWALKS event, and annual training events. All of this work and more is done entirely by a staff of 6. If you can help in any way, big or small, that would be a great contribution toward helping us continue to achieve our mission. The valuable contribution of your time is as important as any financial contribution. Thank you!

Name: _____

Address: _____

County: _____

Phone: _____ (home) _____ (cell) _____ (work)

Email: _____

Emergency Contact Name: _____ Phone: _____

Are you a NAMI member: ___ Yes ___ No

Computer Skills:

Other Skills:

I would be willing to help in the following way(s) (please circle):

Administrative

- * Contribute article or book review for the newsletter
- * Write up press releases for special events/happenings
- * Help prepare bulk mailings
- * Put together spreadsheets
- * Research for articles, mass emails, etc.
- * Help answer phones
- * Edit the newsletter
- * Type up letters
- * Data Entry

Advocacy

- * Put together policy updates for email distribution
- * Create templates for members to write to their legislator

Publicity

- o Help with Mental Illness Awareness Week (October)
- o Talk with your clergy about mental illness and the services NAMI NC provides
- o Outreach/volunteer at events
- o Give presentations to mental health professionals (e.g., social workers at UNC or John Umstead Hospital) on mental health topics (see speakers' bureau form for topics) and organizations such as the Chamber of Commerce, Lions, Kiwanis and Rotary Clubs.
- o Contact legislators about specific issues upon request
- o Attend rallies or meetings
- o Distribute brochures to your doctor, your school counselor, school teachers and other places in your community
- o Assist with publicity and development

Other

I would also be willing to help with:

How did you hear about NAMI North Carolina?

Why are you interested in volunteering for our organization?
