

Bringing
NAMI

On Campus

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

NAMI supports the unique journey towards mental health and wellness for individuals and families. Our outstanding peer-led programs provide education, skills training and support free of charge to participants. Here are a few examples of how NAMI can bring awareness and support to your college campus:

- Campus Clubs – student-led clubs that work with local NAMI offices
- NAMI In Our Own Voice – presentation given by two individuals in recovery sharing their personal mental health journey
- NAMI Support Groups – for individuals with mental health conditions and their family members, led by trained peers
- NAMI Walks – find a local walk near you at www.namiwalks.org

NAMI HelpLine: 800-950-NAMI or info@nami.org

 NAMI  NAMICommunicate

 NAMICommunicate

 24/7 Crisis Text Line: Text "NAMI" to 741741

 www.nami.org



On Campus

Addressing mental
health conditions
on college campuses

To learn more,
contact us



Illinois

To learn how to bring NAMI
on Campus to your school
email nami@namillinois.org



Because
MENTAL
HEALTH
matters
to Young Adults



Mental Health Conditions are Common



The percentage of young adults (18-25) who report experiencing a major depressive episode or any mental illness in the previous 12 months has increased every year since 2009 (NSDUH 2017*)

26%

of young adults (18-25) report experiencing any mental illness in the previous 12 months (NSDUH 2017*)

13%

of young adults (18-25) report experiencing a major depressive episode (NSDUH 2017*)

Swicide

is a concern on college campuses. It's the 2nd leading cause of death in age groups 10-14, 15-24, and 25-34 (CDC 2018**)

STIGMA creates a significant barrier to getting help.

*National Survey on Drug Use and Health
**Centers for Disease Control and Prevention

Why →



National Alliance on Mental Illness

On Campus Clubs?

NAMI on Campus clubs are student-led, student-run mental health groups on college campuses. NAMI on Campus clubs:

- ✓ **Raise** mental health awareness with fairs, walks and candlelight vigils
- ✓ **Educate** the campus with presentations, guest speakers and student panels
- ✓ **Advocate** for improved mental health services and policies on campus
- ✓ **Support** peers with national NAMI programs and support groups

ORGANIZATIONS AND AFFILIATES

As a member of a NAMI on Campus club, you'll be part of the largest grassroots mental health organization in the U.S. Club leaders have access to the staff, resources, opportunities and support that comes with being part of this national movement, including opportunities after college.

NAMI knows that some of the best support a college student can receive is from peers

When students connect with one another, they can share common experiences and support each other through the challenges that come with going to college. NAMI on Campus helps make those connections happen.



NAMI on Campus clubs work to end the stigma that makes it hard for students to talk about mental health and get the help they need. Clubs plan innovative awareness events and offer NAMI programs through partnerships with their nearby NAMI State Organization and NAMI Affiliate.