

Intro to NAMI On Campus: A Brief Overview

Slide 1: What is NAMI On Campus

NAMI On Campus clubs are student-led mental health awareness clubs on high school and college campuses.

- These clubs raise awareness through club meetings and events,
- Educate their community with presentations and guest speakers,
- Advocate for better mental health support on campus for students, and
- Support their peers through providing NAMI resources and programs.

Slide 2: NOC Is Vs. Isn't

When talking about NAMI On Campus, we have to be sure that we have an understanding of what this initiative is and what it is not.

NOC is...

- A place for students to learn about mental health and how to support themselves and others struggling
- A place to advocate for mental health and fight stigma that prevents students from seeking support
- A place for students to feel safe talking about topics relating to mental health
- A place for students to connect with peers and find community

NOC is not...

- A support group for students
- A place for students to get mental health counseling
- A place for students to receive a diagnosis
- A confidential space

And when we say that NOC is not a confidential space, we mean that students should expect that any personal information shared that warrants adult or expert interception will be reported to the proper channels. This is especially important for high school clubs.

Slide 3: Club Activities

NOC Clubs are expected to host club meetings and events on campus throughout the school year. They are encouraged to create new ideas, but we provide some guidance to get them started on their NAMINet. Here are some examples of what kind of activities the clubs might host:

- Mental wellness fairs
- Candlelight vigils
- NAMI In Our Own Voice or NAMI Ending the Silence Presentations (for high schools only)

- Various presentations about mental health and wellness topics
- Collaborating with different clubs on campus for awareness events
- De-stress activities during busy exam seasons (drawing, board/card games, slime making, bringing animals to pet on campus, etc.)
- Bringing other NAMI programs to campus with support from NAMI State Organization and/or NAMI Affiliate (NAMI Support Groups, NAMI Sharing Hope/Compartiendo Esperanza, NAMI Say It Out Loud, etc.)

Slide 4: Club Structure

Each club consists of a Club Faculty Advisor, Club Leaders, and a partnering NAMI State Organization and/or NAMI Affiliate.

Club Faculty Advisor:

A faculty member who can be committed to attending club meetings and events and provide guidance on campus policies and procedures and booking space for meetings and events. A Club Faculty Advisor s should also be comfortable talking about mental health. This role cannot be held by a parent/guardian or any non-staff school member.

Club Leaders:

A club should minimally have a president, secretary, and a treasurer to help support club meetings and other club related efforts (i.e. events, funding, getting club materials)

Supporting NAMI Affiliate

The supporting NAMI Affiliate role can be held by either the nearest local affiliate or NAMI State Organization depending on the capacity of the state. The supporting affiliate is in direct contact with the club for providing insight, materials, and general support.

You can find detailed information about the different roles and responsibilities by reading the Roles and Responsibilities for NAMI On Campus located in the “Getting Started” section of your NAMINet.

Slide 5: Closing

All information provided in this video can be found throughout the NSONA NAMINet. If you have any questions about NOC, please contact NAMIONCampus@NAMI.org.