



**Students leading the change  
in their communities  
through education,  
resources, and advocacy**

## Be an advocate for mental health!

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 on Campus (NOC) clubs are student-led, student-run mental health organizations on high school and college campuses. NAMI on Campus clubs:

- **Raise mental health awareness** with fairs, walks and candlelit vigils.
- **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 and resources from NAMI State Organizations and Affiliates.



## Why mental health awareness important?

### Mental Health Statistics

#### Adolescents (aged 12-17)

- 1 in 4 have been diagnosed with a mental health condition
- 3 million had serious thoughts of suicide
- 65% say they feel comfortable talking about their mental health with those who are closest to them.

#### College Students including Young Adults (aged 18-25)

- 1 in 3 experienced a mental health condition
- 3.8 million had serious thoughts of suicide
- 77% of college students experienced moderate to serious psychological distress

### Peer Education and Support



When students connect with one another, they can share common experiences and support each other through the challenges that come with going to college. NOC 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.

## Why should you join NAMI On Campus?

### Connection to NAMI



As a member of a NAMI On Campus club, you'll be a 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 a part of this national movement, including opportunities after high school.

Scan here to for more info!

