

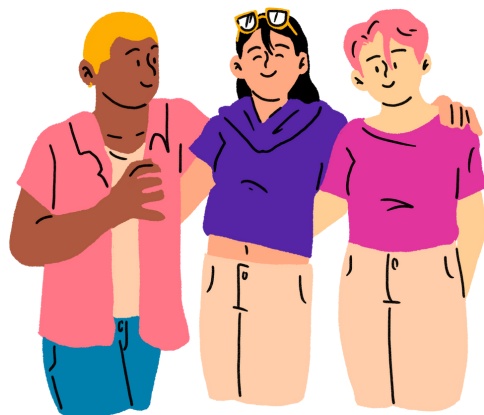


## Join our club!

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 training from NAMI State Organizations and Affiliates.



## Why is NAMI on Campus important to our school?

### Mental Health Statistics

#### Adolescents (aged 12-17)

- 1 in 4 have been diagnosed with a mental health condition
- 1 in 6 experienced a major depressive episode (MDE)
- 3 million had serious thoughts of suicide
- 60.3% of youth with major depression do not receive mental health treatment
- 65% say they feel comfortable talking about their mental health with those who are closest to them.

### 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 is mental health so important?

### 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.

## Attend one of our meetings!

