



# NAMI | Atlantic/Cape May

Join us, as we work to improve the lives of those affected by mental illness through support, education and advocacy.



**In Atlantic and Cape May counties, it's amazing how much our all-volunteer organization accomplishes with no paid staff support. And now, more than ever, we need your help to fight the increases of suicide, substance abuse and severe cases of mental illness in the face of a severely broken mental health system.**

## **Our Volunteers**

**A diverse group of men, women and young adults who want to make a positive difference in our communities;**

**NAMI members who benefited from its programs and want to give back;**

**Retirees seeking new, non-related work experiences;**

**College students looking for creative internship opportunities;**

**High school students needing community service hours.**

***Personal growth opportunities for all***

**Below is a list of programs and events NAMI volunteers perform. See where you can fit in!**

- Facilitate family support group meetings
- Facilitate Connection groups for those with mental illness
- Teach the Family to Family class
- Represent NAMI at community events
- Present in Our Own Voice programs
- Work in schools to educate teachers, students and parents about mental illness
- Work on legislative initiatives
- Advocate for improvements to the state and local mental health systems
- Join our board of directors
- Help us fund raise
- Help with social media, web site development and data base management

Please email Abbie Katz- [akatz@naminj.org](mailto:akatz@naminj.org) with your name, phone number, email address, resume if you have one, and how you think you'd like to help. Abbie is available at 215-327-7940 for further discussion and will contact you.



