

BECOME A VOLUNTEER

PROVIDE SUPPORT

NAMI SF Help and Resource Line is a phone and email message center for individuals looking for local resources and support.

Time Commitment: 1 hour online training. 1-3 hours a week. Check phone or email and return messages. Volunteers are responsible for one day of the week and we ask for a one year commitment. [Contact Sli@namisf.org](mailto:Sli@namisf.org)

Family Support Group is a free support group for families and caregivers of individuals living with a mental health condition. Groups meet at various times and locations throughout the city.

Time Commitment: Free 1-2 day training. Commit to co-facilitate one, 2-hour, group a month. We ask for a one year commitment.

Requirements: Family member or caregiver of an adult living with a mental health condition. Completion of the Family to Family course is helpful but not required. [Contact Marylee@namisf.org](mailto:Marylee@namisf.org)

Connections Support Group is a free support group for individuals living with a mental health condition. Groups meet at various times and locations throughout the city.

Time Commitment: Free 1-2 day training. Commit to co-facilitate one, 2-hour, group a month. We ask for a one year commitment.

Requirements: Identify as an individual living with a mental health condition who is living in recovery. Completion of the Peer to Peer course prior to training is helpful, but not required. [Contact simoneb@namisf.org](mailto:simoneb@namisf.org)

TEACH A CLASS

Family to Family is a free, 8-week course for families and friends of individuals with mental health conditions taught trained NAMI teachers. The course focuses on the emotional responses families have to mental illness in the family; covers diagnosis, treatment, and coping strategies; many family members describe their experience in the program as life changing. ** classes offered in English, Spanish, and Cantonese*

Time Commitment: Free 2 ½ day training. 2 ½ hours per week for 8 weeks of the Family to Family course. Teachers usually teach one class per year.

Requirements: Family member or caregiver of an adult living with a mental health condition. Completed the course prior to training. [Contact Marylee@namisf.org](mailto:Marylee@namisf.org)

NAMI Basics is a signature education program for parents and other caregivers of children and adolescents living with mental health conditions. It is taught by trained teachers who are parents or other caregivers of individuals who developed symptoms of mental health conditions prior to the age of 13. The course consists of 6 classes, 2 hours per class. The course is designed to help all family members understand and support their loved one with mental health issues while maintaining their own wellbeing. ** classes offered in English and Spanish*

Time Commitment: Free 2 ½ day training. 2 hours per week for 6 weeks of the Basics course. Teachers usually teach one class per year.

Requirements: Family member or caregiver of an individual living with a mental health condition who developed the symptoms of mental health issues prior to the age of 13. Completed the course prior to training. [Contact Marylee@namisf.org](mailto:Marylee@namisf.org)

Peer to Peer is a free, 6-week, peer-led, recovery education course, open to any person living with a mental health challenge. Peer to Peer emphasizes recovery from mental health conditions as a feasible, supportable goal and challenges the stigma often wrongly associated with mental health conditions.

Time Commitment: Free 2 ½ day training. 2 hours per week for the 6 week Peer to Peer course. Teachers usually teach one class per year. This is a paid volunteer opportunity, individuals receive a \$500 stipend for teaching the course.

Requirements: Identify as an individual living with a mental health condition who is living in recovery. Completed the Peer to Peer course prior to training. [Contact Sli@namisf.org](mailto:Sli@namisf.org)

SHARE YOUR STORY: SPREAD AWARENESS and FIGHT STIGMA

In Our Own Voice (IOOV) is a unique presentation designed for public-education, offering insight into the experience of living with a mental health condition. Trained individuals living with mental health conditions lead an interactive presentation, based on personal stories highlighting the message of hope and recovery. The personal interaction with these speakers allows the audience to reach a more compassionate view of mental health issues. We are looking for presenters with a range of issues from anxiety to more severe conditions. IOOV is dedicated to the support,

education, and growth of consumers as presenters. The educational component of the program helps people living with mental health conditions.

Time Commitment: Online portion and additional 3 hour in-person training. Willing to travel to various locations, flexible schedule allowing for week day, evening or weekend presentations.

Requirements: Identify as an individual living with a mental health condition who is living in recovery.

Contact Natasha@namisf.org

Ending the Silence is a program designed for high school audiences and gives students an opportunity to learn about mental health conditions. Through the personal testimony of a young person living with a mental health condition, students learn about early indicators, symptoms and are given ideas about how to help themselves or others who may be in need of support. The stigma of mental illness is the greatest barrier to care. Personal stories of hope and recovery help students overcome that stigma.

Time Commitment: Online portion and additional 3 hour, in-person training. Willing to travel to various locations, must be available during regular school hours.

Requirements: Young adult presenters must identify as a young person (under 30) living with a mental health condition who experienced mental health challenges in high school. Lead presenters who will be giving the overview presentation need to have their own experiences with mental health challenges or experience supporting a loved one. Contact Natasha@namisf.org

Parents and Teachers as Allies is a one to two-hour, in-service program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental health issues. The program provides practical strategies on how best to intervene so that youth with mental health treatment needs are linked with services.

Time Commitment: Online portion and additional 3 hour, in-person training. Willing to travel to various locations, must be available during regular school hours and evenings.

Requirements: Young adult presenters must identify as a young person (under 30) living with a mental health condition who experienced mental health challenges in high school. Lead presenters who will be giving the overview presentation need to have their own experiences with mental health challenges or experience supporting a loved one. Educators and parents are especially encouraged to apply for the lead role. Contact Natasha@namisf.org

WORK IN THE OFFICE OR REMOTELY to SUPPORT NAMI's GOALS

Time Commitment: 3-5 hours per week or project based

Office Support: We are looking for an organized, efficient self-starter to help out in the office. Duties include filing, letters, receipts, donor correspondence, book-keeping and more.

Data Entry: Successful programs require data that backs up our success. With data and outcomes we can seek additional funding for our programs. Volunteers are needed to help input data, create databases, and develop outcome reports.

Program Coordination Support: Integral to the success of our peer programs is organization and coordination. We are looking for organized and energetic individuals to help us coordinate our programs. Duties involved include outreach to organization to host our programs, helping teachers with supplies and materials, and help with logistics and scheduling.

NAMI Ambassadors: Represent NAMI San Francisco at Community events. Staff the NAMI information table and let people know about NAMI SF services and local resources.

