



National Alliance on Mental Illness

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NAMI on Campus: *A Guide to Starting a NAMI on Campus Club*

***For Students,
School Administrators, Faculty and
NAMI Leaders***

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I. About NAMI

Who We Are

NAMI is the National Alliance on Mental Illness, the nation's largest nonprofit, grassroots organization that provides support, education and advocacy for people living with mental illnesses, their families and friends. Founded in 1979, NAMI is a three-tiered organization comprised of our National office, 50 state organizations plus the District of Columbia and Puerto Rico, and more than 1,000 local affiliates nationwide. NAMI volunteers are our greatest asset; their dedication and energy are immeasurable.

What is the NAMI Mission?

NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness.

NAMI will advocate at all levels to ensure that all persons affected by mental illness receive the services that they need and deserve, in a timely fashion. Mental illnesses should not be an obstacle to a full and meaningful life for persons who live with them.

What does NAMI do?

NAMI members and friends work to fulfill our mission by providing support, education, and advocacy. Our many activities include:

Peer Support and Education

- **Support Groups** (NAMI Connection, Facilitated Support Groups) are provided through many of NAMI's state organizations and local affiliates and offer a valuable connection with peers.
- **NAMI Educational Programs** (Family-to-Family, Peer-to-Peer, Hearts and Minds, and more) provide critical education to help people living with mental illness and family members gain knowledge and skills to live successfully in the community.

Public Education and Information Activities

- **NAMI's Web Site (www.nami.org)** receives over 5.4 million visitors a year who turn to NAMI for information, referral, and education. Information about NAMI's state organizations and local affiliates is also available on the NAMI National Web site.
- **NAMI's Helpline (1-800-950-6264)** is staffed by a dedicated team and serves over 4,000 callers per month.

Raising Awareness and Fighting Stigma

- **NAMIWalks** is a signature NAMI event that draws thousands of concerned citizens every year who walk together in more than 80 communities across the nation to raise money and awareness about mental illness.
- **StigmaBusters** responds to inaccurate and stigmatizing language and portrayals of mental illness in the media and promotes understanding and respect for those who live with mental illness.
- **In Our Own Voice** presents personal and moving journeys of recovery by people living with mental illness.

State and Federal Advocacy

- **NAMI Advocacy** provides a key voice for state and federal public and private-sector policies that facilitate research, end discrimination, reduce barriers to living successfully in the community and promotes timely, comprehensive, and effective mental health services and supports.
- **NAMI Action Centers** include the Child & Adolescent Action Center, the Legal Center, the Multicultural Action Center, and the STAR (Consumer Support Technical Assistance Resource) Center. NAMI National's action centers advocate for unique populations and develop and disseminate information to meet specific needs.

To learn more, go to NAMI's Web site at **www.NAMI.org**.

The Benefits of NAMI Membership

All NAMI members receive benefits at each level of the organization, including:

- Membership in a local affiliate, state organization and NAMI National.
- Eligibility to vote in all NAMI elections.
- A subscription to *The Advocate*, NAMI's magazine, as well as access to optional subscriptions to specialty newsletters and information at the national, state, and local levels.
- Member discounts on brochures, videos, promotional items, and registration at NAMI's annual convention and many state and local conferences.
- Access to exclusive members-only material on **www.nami.org**.
- Being counted as a member of a national movement!

II. About NAMI on Campus

What are NAMI on Campus Clubs?

NAMI on Campus clubs are student-run, campus-based organizations that provide support, education, and advocacy related to mental illness in a university or college setting. Participants in NAMI campus clubs are members of NAMI who receive the full membership benefits of belonging to all levels of NAMI. Under the leadership of college students, NAMI on Campus clubs are designed to engage and educate campus communities about mental illness.

The purpose of NAMI on Campus is to:

- Educate and increase the awareness of students, faculty and school administrations about mental illness and mental health issues,
- Provide support to students who are part of a college/university community and who are living with mental illness,
- Provide information and resources on mental illness to the college community,
- Promote early detection and intervention and encourage students who are experiencing mental health problems to consider getting help,
- Combat the stigma that surrounds mental illness by breaking the silence, secrecy, myths, and ignorance that create barriers to seeking help. This is accomplished by educating students about mental illnesses, their symptoms, and available treatments and interventions,
- End the isolation students feel when there is no one to talk to who can understand the problems faced by people living with depression and other mental illnesses,
- Promote existing mental health services on campus and serve as a liaison between the students, campus mental health services, NAMI National, the state organization and local NAMI affiliate, and the mental health community,
- Advocate for enhanced support and counseling services on campuses, and for equitable services and treatments for students living with mental illness.

It is essential that students are the foundation of a NAMI on Campus club. With NAMI on Campus, student leaders have shown success in reaching out to their peers, as well as to faculty and staff.

Why is NAMI on Campus Important?

The statistics are staggering: one in four students will experience a mental health issue during his or her college career. According to the American College Health Association:

- 15.3% (n=10,775) of students reported a diagnosis of depression sometime in their lifetime. Of these:
 - 32.5% (n=3,468) reported being diagnosed in the past school year (2006)
 - 24.8% (n=2,647) reported being currently in therapy for depression
 - 34.9% (n=3,719) reported currently taking medication for depression
 - 1.5% (n=1,088) of students reported attempting suicide at least once
 - 9.8% (n=6,971) of students reported seriously considering suicide at least once

Data cited from American College Health Association, "National College Health Assessment Spring 2007 Reference Group Data Report (Abridged)," Journal of American College Health, Vol. 56, No. 5. Available at www.acha-ncha.org/docs/JACH%20March%202008%20SP%2007%20Ref%20Grp.pdf

According to the Center for Disease Control and Prevention (CDC):

- More teenagers and young adults die from suicide than from cancer, AIDS, heart disease, birth defects, stroke, pneumonia, chronic disease and influenza combined.
- Suicide is the second leading cause of death in college students.
- Fifteen to 24 year olds commit 11 suicides per day, or one every two hours and 11 minutes.

Data available at www.cdc.gov/ViolencePrevention/suicide/index.html

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Serious mental illness can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable, but because of stigma, students often hesitate to seek treatment.

There is a real urgency for education and for a significant change in campus community attitudes about mental illness. Most students are living away from home for the first time. Students are asked to meet great demands. Sometimes, stressful situations can bring about the onset of a mental illness, especially when someone has a biological predisposition to mental illness. Due to inadequate information about mental illnesses and the stigma associated with it, most students don't seek help and won't talk about it with their peers. Some start drinking or taking drugs (often to "self-medicate"), become more and more depressed and isolated, and tragically some individuals end their lives. *Let's take preventive steps to avoid these kinds of outcomes!*

Given these facts, NAMI's presence on campus is especially crucial.

III. Starting a NAMI on Campus Club

A. Basic Information for Students, School Administrators and Faculty

Starting and maintaining a NAMI on Campus club takes commitment. The tasks your group will encounter might include setting up an organizational constitution, recruiting members, finding a meeting location, calling group members, composing mass e-mails or a club Web site, and developing club activities or programs. However, you will not have to do this alone. NAMI National, your NAMI state organization and/or your NAMI local affiliate will help you along the way.

Why NAMI?

- Belonging to a well-known national movement gives you name recognition. You will have more support for advocacy efforts in your campus and community;
- As a NAMI on Campus leader, you will have access to the leadership benefits provided by the local affiliate, state, and national NAMI organizations. These include coaching and guidance, educational program training and tools, leadership tool kits and development opportunities, information and marketing materials, Web site templates and print material support, technical assistance in multicultural and affinity group outreach, and much more;
- Your members will receive the benefits of membership provided by the local affiliate, state organization and NAMI National. These include support for group activities, *The Advocate* magazine, your state newsletter, special members-only sections of the Web site, and discounts on conferences and materials;
- You strengthen NAMI and its advocacy work on the federal and state levels. The more members and NAMI on Campus clubs, the more effective NAMI will be in its role as the state and nation's voice on mental illness.

First Steps to Starting a NAMI on Campus Club

Ready to start your own NAMI on Campus club? To become an official NAMI on Campus club, your group must be endorsed and sponsored by a NAMI local affiliate and/or state organization, approved by NAMI National, and recognized by your school.

First, please email namioncampus@nami.org and let us know that you are interested in starting a NAMI club on your campus. NAMI National will put you in touch with the NAMI local and state organizations with whom you will be collaborating. If you already have a relationship with a NAMI local affiliate or state organization, then contact the NAMI organization and express your interest in forming a NAMI on Campus club. Let NAMI National know which NAMI organization is working with you.

Once the local affiliate and/or state organization expresses approval for your NAMI on Campus club, e-mail NAMI National at namioncampus@nami.org for the **NAMI on Campus Club Approval and Endorsement Application**. We will assist you in getting your club started by walking you through the club endorsement process.

1. To be granted club status by NAMI for your campus group, you will need a minimum of five members. These students will work with a primary student contact to complete the application process with a NAMI local affiliate and the state organization.
2. Follow the college/university policies to become a recognized campus organization. Typically, once your club is recognized it is eligible for funding from the college or university.
3. If your school requires one, choose one person from the school's faculty, administration or staff to serve as your club's advisor. Try contacting a faculty member from a health science related field, or approach a staff member from the office of student affairs.
4. Review NAMI materials to familiarize yourself with the organization. Make sure to go to **www.nami.org** for information on NAMI and NAMI events.
5. Plan an initial general meeting to attract students and recruit members. If your university has a student activities fair, utilize this opportunity to advertise your group and initial meeting.
6. Once you have formed your group, compile a list of NAMI on Campus club members with each person's name, mailing address, phone, and e-mail and forward this information along with membership dues to the local affiliate or NAMI state organization that is collaborating with you.

To make it easy for students and others with limited financial means to join NAMI, state/affiliate NAMIs offer Open Door memberships that cost much less than a regular membership fee. Be sure to check the cost of membership for your local affiliate and/or state organization.

7. Brainstorm activities and programs that your club can undertake. Look over the suggestions provided in this start-up kit and allow interested people to make their own suggestions. It is important to develop and articulate your group's vision for its role on campus. After developing a list of possibilities, discuss which ones the group would like to pursue.
8. Create a constitution and/or bylaws for your club. Make sure that your constitution is consistent with the values and standards of NAMI as well as your college or university.
9. At the completion of these general steps, your club should be recognized as an official organization on your university or college campus. (Some schools may quickly approve your club's application for recognition, but others may require more steps and it will take longer; your club has to be established on campus before it can be certified as a NAMI on Campus.)

10. When your NAMI on Campus club is approved by the university or college, notify your local affiliate and/or state organization to begin formalizing your relationship as outlined in the following sponsorship and certification process.

Working with a NAMI Local Affiliate, State Organization and NAMI National

The steps below will help you establish the important sponsorship relationship you need with NAMI:

1. Submit your club's constitution/bylaws, contact information, current officers, committee heads, faculty/staff adviser, and membership records with your NAMI state organization and the supporting local affiliate in your area.
2. Work with your local affiliate and/or state organization to complete the **NAMI on Campus Club Approval and Endorsement Application (which is available by contacting NAMI National)**. NAMI local affiliate and state organizations will co-sign the application and the NAMI state organization will mail the completed application and your membership list to NAMI National.
3. Your NAMI on Campus club and the local affiliate and state organization should add each other to any mailing or e-mail lists that they regularly use.
4. Determine the means and regularity of communication (weekly, bi-weekly, monthly) between your club and the local affiliate and state organization. Good communication is essential to your success.
5. Invite officials and members from your NAMI state organization and/or local affiliate to your NAMI on Campus meetings, events, or activities. Familiarize yourself and your members with special events and activities that the NAMI state organization and/or local affiliate have planned for the coming year and share any planned campus club special events. Work together on shared events like Mental Illness Awareness Week, National Depression Screening Day and the local NAMI Walk!
6. Collaborate with your NAMI state organization and/or local affiliate and work together on at least three (3) goals over the next year.

Planning NAMI on Campus Club Programs and Activities

Your First Meeting...Making it a Success!

Hold a general meeting to generate interest at your college. Make and leave fliers in libraries, student centers, dining halls, classrooms, and on bulletin boards, also use student media to publicize your meeting. Your campus may have existing support services; for example, a mental health clinic or counseling center. You should consider collaborating with these services and promote one another to pool your resources.

- Try to find a neutral place to meet, such as a library, classroom, or coffee shop on campus (*ask other student groups about a good place to meet*).
- Choose a person to facilitate the meeting to make sure everyone gets involved in discussion. This can be a job that is rotated from meeting to meeting among the group members.
- When the meeting begins, introduce yourself, explain the basics about NAMI on Campus, and tell participants why you want to create this group at your college or university. Ask people to introduce themselves. Ask people to briefly say why they are interested in the group. Some people may not be ready to talk about their personal lives; let them know it is OK and everyone should feel welcome and comfortable. You might want to try a fun icebreaker activity to make people feel more comfortable.
- Pass around an attendance sheet to get the name, e-mail, phone number, year, and major of everyone who attends.
- Prepare a table with information about your group and have resources related to mental health and mental illness. A good idea would be to have a large poster listing the names of famous people with mental illness.
- You may want to have a speaker or show a video as a way to focus the initial meeting. A leader from NAMI or someone with personal connection to mental illness would be ideal. However, make sure that there is enough time for everyone in the group to speak, and that the meeting is well advertised.
- Ask for leaders or volunteers to take on small tasks. If the group is small and willing, give each person a specific task to accomplish before the next meeting. Such tasks might include hanging fliers, finding information about campus and local resources, compiling an e-mail list, helping with paperwork, etc. Delegating these responsibilities ensures that the leader doesn't become overwhelmed and is a great way to include all members. Furthermore, giving members tasks to do makes them feel involved in the group and they will be more likely to continue participating.
- Free food! If possible, try to provide pizza, cookies, or some other kind of snack for those who attend.
- **Set a date, time, and place for the next meeting and decide who will publicize it.**

The level of your group activities will differ from month to month over the school year due to fluctuating academic demands and school breaks. Taking the school year cycle

into account, attend to a variety of tasks that will get your organization under way, including fundraising, publicity, and networking as your schedule permits.

Questions? Contact the NAMI National Office at namioncampus@nami.org at any time during this process.

Education and Information

There are many different ways that a NAMI on Campus club can reach out and educate the local community. Plan membership meetings, educational events, and support services for your club. Organize and host events that will attract a wide variety of attendees to the college.

1. Invite speakers to campus, including mental health professionals, authors, NAMI leaders, or any person with a personal connection to mental illness. Another option is a panel discussion involving students, faculty members, and administrators. Topics could include: *Students and Stress*, *Suicide Prevention*, *The Stigma Surrounding Mental Illness*, or *Why NAMI on Campus?*

A great way to educate students and remove some of the stigma surrounding mental illness is to bring a NAMI In Our Own Voice (IOOV) education program to your campus. For more details go to www.nami.org/edprograms or contact your state organization.

2. Work with campus counseling and support services to approach potential members. Again, pool your resources!
3. Remember to constantly recruit new members to your club and create campus outreach activities.
4. Place posters and fliers throughout the college campus announcing meetings or events.
5. Get a regular column in the campus newspaper or write articles about mental health issues.
6. Invite a spokesperson with a personal connection to mental illness to speak at your club meeting.
7. Organize panels where students, faculty, and administrators can discuss a wide range of topics related to mental health.
8. Introduce information about mental health during freshman orientation to students and parents; distributing packets to participants with information specific for parents and students to help with the college transition.

9. Have information tables during club rush/quad day/activity day/etc. For example, a display with pictures of famous people with mental illness displayed on hooks. When the picture is turned, the reverse side has a description of their illness; it attracts passers by and many pick up literature and membership information.
10. Educate students about their role as a peer in relationships to those who may have a mental illness.
11. Create a Web site for students to have easy and quick access to information, support, and referral.
12. Provide information on NAMI educational programs. Hosting and organizing presentations and training on NAMI programs (*In Our Own Voice, Peer-to- Peer, Family- to-Family, and NAMI Connection*).
13. Recognize and give awards to people, services, or events that are linked to positive role models with respect to mental health issues.
14. Contact your NAMI state organization or local affiliate to ask for brochures and other publications that offer information on mental illness and resources.

Peer Support

Since support is an important part of the recovery process, here are some suggestions for peer support on campus:

- Encourage peers to seek professional help
- Let them know that you care and that they are not alone
- Asking if you can be of help, and support the person to get help
- Engage someone in conversation about how they are feeling
- Tell them that mental illness is an illness like any other – validate their feelings
- Explain that it is not a personal weakness and nobody is at fault
- Importantly, don't ignore the signs of depression or other mental illnesses exhibited by the person affected or by people around the individual.

Find out more about NAMI Connection support groups and how to start a NAMI support group on your campus or in your community, please visit [**www.nami.org/connection**](http://www.nami.org/connection).

Advocacy

NAMI student organizations can be instrumental in improving mental health services and can be a powerful force in changing attitudes. Successful advocacy can come about through the actions of a single student acting with passion—or a group of students working together. Advocacy is about speaking out to effect change.

The steps to effective advocacy are simple:

1. Choose your issue

Advocacy issues range from improving mental health services, reducing stigma, to preventing suicide and more. Choose an issue that is meaningful and motivating to you. Your passion will make a difference.

Examples: 1. Stigma surrounding mental illness. NAMI's In Our Own Voice program is a very good tool for providing education on mental issues and fighting stigma. 2. Advocacy for improved mental health services on campus. Join a local NAMI affiliate and/or NAMI state organization in local and state advocacy efforts

2. Gather your facts

It's important to have a few key facts to help others understand why they should care about your issue. You can gather information from the Internet and other sources, but don't forget that you are part of a national organization that offers a wealth of information at:

1. www.nami.org/policy
2. www.nami.org/helpline

Your NAMI state organization may also be a great resource. You can find contact information and more about your state organization by going on the Web at www.nami.org then click on *Find Support*, then click on *State and Local NAMIs*.

3. Form your goal

Form a goal that provides a meaningful and practical answer to your issue. You may already have one in mind. Or, you may want to consult or collaborate with others. Either way, your objective is to pose a meaningful solution that people can embrace.

Example: Implement the federal anti-stigma campaign, "What a Difference a Friend Makes." www.whatadifference.samhsa.gov

4. Frame your message

A great message lets people know about your issue, understand its impact and the goal or solution (and any needed action) in just a few short, simple sentences. Having a concise, short message, about 30 seconds long, will greatly increase your effectiveness. And, you'll look like a pro!

Example: "Mental health problems can affect anyone at any time. That's why everybody needs to understand how mental illnesses can affect individuals, families, and communities. It's also why we all need to learn how we can support our friends who are living with a mental illness. Caring friends can make a real difference." (From the SAMHSA anti-stigma campaign, "What A Difference A Friend Makes" at www.whatadifference.org/index.html.)

5. Implement a strategy

Strategy is all about communicating your message to the right people at the right time. It's helpful to understand who or what parties are in a position to make your goal a reality. Also, keep in mind that most advocacy succeeds when decision-makers feel

that your goal is important to others. Gaining community and media support can provide needed momentum for action.

In developing a strategy, focus on building support and letting people know your intentions. Get creative. Utilize the skills and strengths of others. Use a variety of methods and messengers to get your point across. Take advantage of opportunities as they arise. Here are some common tactics:

Word of mouth...

Never underestimate the power of your story and message. Try it out with your friends, family, in your favorite hangout, at a game, after class....

Write...

Write a letter to the school paper, an op-ed, a catchy flier, a petition, a proposal to the dean ...

Use the media...

Arrange a meeting with an editorial board, call in to a talk show, distribute a public service announcement (PSA), give a media interview, get on a student radio station, post on blogs, film a YouTube video...

Call and visit...

Call and visit stakeholders in the solution, individuals and groups that may have an interest in your issue, key decision-makers...

Inadequate and underrepresented mental health services are due to a lack of funding and insufficient understanding about mental health problems at college communities and by our society in general. Mental illnesses are treatable and colleges and universities need to understand that mental wellness is essential to the health of the student body (*For more information on NAMI's advocacy, please see NAMI's Public Policy Platform—www.nami.org/policy/platform on our Web site.*)

Even More Ideas . . .

These additional ideas will help you in your planning:

- **Brochures are available for purchase from the NAMI store:** Go to the NAMI Web site and click on *NAMI Store*. Fact sheets on mental illness are available for download from www.nami.org/oncampus. Brochures, flyers, and fact sheets on mental illness are also available for distribution from your college counseling services and office of disabilities.
- **Activity suggestions for an academic year: Freshman Orientation:** Play an active role in freshman orientation activities. Prepare a table with information for all passers by. Put together packets with information on mental illness and mental health, your NAMI club, resources available to students on campus, and parents outside the campus community. In the packet for parents, insert information on NAMI and NAMI's Family-to-Family Education Program.

Both freshman and their parents should receive brochures about accommodations in post-secondary education for students diagnosed with mental illness and information on the location of the disability office and counseling services on that particular campus. For freshman orientation, every NAMI on Campus club should assemble copies of the following brochures from their office of disability: *The Americans with Disabilities Act: The Law and its Impact on Postsecondary Education, Confidentiality & Disability Issues in Higher Education, Section 504: The Law & Its Impact on Postsecondary Education*. (Section 504 protects the civil rights of individuals who have disabilities, including mental illness.)

- **MIAW (Mental Illness Awareness Week)** is held the first full week in October, always beginning on Sunday and ending on Saturday. NAMI provides materials specific for that week, including videos, brochures, and posters. Your group can create a special program during MIAW week that could include tables with information on mental illness and your organization, along with speakers, movies, candlelight vigils, and promotion of the National Depression Screening Day. Check the NAMI Web site for available resources as well as your state organization's site.
- **Relaxation Activities** – Around mid-term and final exams students are extremely stressed out and your group could arrange fun de-stressing activities that everyone could benefit from and enjoy: Story telling, silly games, relaxation exercises, and yoga are creative but safe and healthy ways to beat stress!
- **Social Events** – You can create your own social event or you can co-sponsor events with other organizations. These events could be food and music fairs where local food markets donate free food. You can have an auction with the proceeds benefiting your organization, or if you choose you can donate part of it to NAMI. Have a wind down get together. Make sure that during all events, even the ones unrelated to mental illness, your organization has a table with information on mental illness and NAMI on Campus.
- **NAMI Walk Event** – Go to www.NAMI.org/walk for more information. These walk events are usually held in the spring and fall. Student clubs can join an existing NAMIWalks site, and participate in this wonderful awareness and stigma-erasing event. You can find out how your club can help at walkhelp@nami.org. Invite other student groups to participate.

B. Basic Information for NAMI Local Affiliate and State Organizations

Suggestions for Engaging a College or University

NAMI lacks a presence at most colleges and universities, even though mental illness is an important issue on campus. NAMI state organizations and local affiliates can take a larger role in providing their area NAMI on Campus clubs with resources and support and encourage administrators and relevant faculty to engage interested students in the development of a NAMI on Campus club.

- **Familiarize** yourself with nearby colleges and universities. If you have any personal contacts with students or faculty/staff, use them to your advantage.
- **Research** campus resources for what services are offered by the student health center, counseling center, and disability services office.
- **Talk** to the school's counseling center staff and psychology department chair. Ask the counselors and faculty if they will tell their students about NAMI on Campus resources and opportunities. At the very least, they should allow you to post fliers about NAMI's campus program on department, office, student center or hall bulletin boards.
- **Distribute** fliers around campus. Post or leave them in student centers, cafeterias, bookstores, and other busy areas.
- **Contact** the college campus newspaper(s) and other daily or weekly publications. Ask the editors to promote students' mental health by writing an article about students' mental health that connects with NAMI's outreach to college students.
- **See** if there are mental health awareness and advocacy groups already on campus. If there is already a student organization present, gently approach them about the numerous benefits and opportunities NAMI affiliation can offer their group.
- **Be Patient.** A college club is not going to be created overnight. After you let the college community know about the opportunity, wait for students to come to you.
- **Work** with interested students. Besides helping them as much as possible, always refer them to the NAMI Center for Leadership Development staff as a resource.
- **Be respectful** of the fact that a student's number one job is to get a good education and academic work is a priority.

- **Help** students through the application process to be a NAMI on Campus club as needed.

Once a NAMI on Campus Club is Connected with Your Local Affiliate/State Organization

- **Once a NAMI on Campus club is established**, stay in touch with the club to build a more cohesive and effective collaboration. The club will provide awareness and education about mental illness on campus and hopefully more young adults will bring the knowledge with them as they enter different facets of their lives.
- **Announce and publicize** the new NAMI on Campus club in your newsletter, e-mail distribution list, and other disseminated updates to connect with your members, policy makers, professionals, and friends.
- **Invite the NAMI on Campus club** president to your local affiliate or state organization board meetings. This is a great way to improve collaboration between the state or local organization and the NAMI on Campus club. Invite and involve the NAMI on Campus club in all your events. Involve the club in NAMI education programs like In Our Own Voice, Family-to-Family and NAMI Connection.
- **Membership** - Make sure that all NAMI on Campus club members are members of your state/local affiliate organizations and are added to your updated membership lists. Remember that students are your new, bright and creative resources. They can update your Web site, suggest new contacts for your organization and spread the word about NAMI to their families, friends, faculty, and administrators on and off campus.
- **Remember** that it is important to have students be the base of a campus club, since they will carry NAMI's mission to other students, faculty, and staff. Mental illness at college is an issue that has a direct impact on their lifestyle and environment, so they should determine the direction of a campus club.