

PROGRAMMING VOLUNTEER OPPORTUNITIES

Supporting Families and Individuals Living with Mental Health Conditions through Presentations, Facilitating Programs, and Teaching Classes

Community Education: Presentations to educate and inform the community	Education Classes: Free peer-led education courses
<p>Mental Health 101 NTX– Customized presentations for professionals and community organizations on mental health awareness and intervention with an overview of NAMI North Texas Services</p> <p>In Our Own Voice – provides a personal perspective and offers insight into the hope and recovery possible for people living with mental health conditions.</p> <p>NAMI Sharing Your Story with Law Enforcement (SYSLE)–is a presentation program that prepares individuals and family members to share their stories of lived experience with mental illness to a law enforcement audience.</p> <p><small>*To find out what other community programs and presentations we have to offer, please call us or fill out a speaker or event request form on our website.</small></p>	<p>Family-to-Family Class – 8-session program <u>for family members of adults</u> living with a mental health condition. The program is designed to help family members understand and support their loved one while maintaining their own well-being. (Also offered in Spanish)</p> <p>Peer-to Peer Class – 8-session program <u>for adults with mental health conditions</u> who are looking to better understand their conditions and journey toward recovery.</p> <p>NAMI Basics Class –6-session educational program <u>for parents and family caregivers of children and teens</u> who are experiencing symptoms of a mental health condition or have already been diagnosed.</p> <p>NAMI Homefront Class (Online) –6-session educational program <u>for families, caregivers, and friends of military</u> service members and veterans with mental health conditions.</p> <p>NAMI Smarts Class*– hands-on advocacy training program that helps people living with a mental health condition and their friends and family transform their passion and lived experience into skillful advocacy. (*This course is available per each legislative season)</p>
Youth Education: Presentations to educate and inform youth	Support Groups: Gain insight from others facing similar circumstances.
<p>Ending the Silence Presentation (Youth Program)– a trio of presentations to help schools and organizations serving youth and their families address mental health.</p> <p>THRIVE NAMINTX (Youth Program)– a student-led mental health club on high school campuses.</p>	<p>NAMI Family Support Group – a peer-led group for adult family members, caregivers, and loved ones of individuals living with a mental health condition.</p> <p>NAMI Connection Recovery Support Group – a free peer-led group for adults living with a mental health condition.</p> <p>NAMI Parent Support Group – a free peer-led group for parents or caretakers of a child living with a mental health condition.</p>

ADMINISTRATIVE AND EVENT VOLUNTEER OPPORTUNITIES

Supporting Families and Individuals Living with Mental Health Conditions through Events and Office Assistance

<p>Administrative Office Support: Provide in office administrative support to NAMI North Texas staff</p>	<p>Community Events: Assist with health fairs and community tabling events</p>
<p>Office Admin Volunteer – assists with answering phone calls and providing resources to callers, community research and outreach, office event prep, and departmental support. Some in office special projects include:</p> <p>Bilingual Translation</p> <p>First Responders’ Peer to Peer</p> <p>Faith-based programs</p>	<p>Community Events Volunteer – assist with hosting community tabling events, facilitating booths at health fairs, and supports community engagement efforts and initiatives.</p> <p>Health Fairs</p> <p>Community Tabling Events</p> <p>Community Engagement Initiatives</p>
<p>Special Events: Assist with planning & executing signature events</p>	<p>Ready to start volunteering with us??</p>
<p>Special Events Volunteer – assists with event logistics, planning, and implementation, including but not limited to: soliciting auction items and sponsorships, serving on committees, and drafting event materials and content. This opportunity is available for the following signature events:</p> <p>NAMI North Texas Walks (Spring fundraising event)</p> <p>NAMI North Texas Fall Event</p> <p>NAMI North Texas Holiday Event</p>	<p>To begin volunteering, you must complete the onboarding process listed on our website at: https://www.naminorthtexas.org/volunteer.html</p> <p>For questions or concerns, please email the Assistant Director of Volunteers at: SarahD@naminorthtexas.org</p>