

## Volunteer Opportunities

### For Peers

#### Connection Recovery Support Groups

**Facilitating** a support group for individuals living with any mental illness. Trained facilitators are peers who live well with mental illness.

#### Peer to Peer Course

**Leading** an 8 session course with another peer who is living well with mental illness. Teaching strategies and resources for recovery; relapse prevention plans to promote self-awareness and intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers; all with an instructional manual.

#### In Our Own Voice

**Presenting** your story told by people living well with mental illness that provides hope to others and destigmatizes the challenges of mental illness by changing attitudes, assumptions and stereotypes.

### For Family Members

#### Family Support Groups

**Facilitating** a support group for family members or friends of individuals living with mental illness. Trained facilitators are also family and friends.

#### Family to Family Course

**Leading** a 12 week course with another family member of an individual who is living with mental illness. Teaching about gaining empathy, listening, and communication techniques; strategies for handling crises; care for the caregiver, support and services within the community; medications; research related to the biology of brain disorders; all with an instructional manual.

### For Peers & Family Members

#### Ending the Silence

**Presenting** to Middle and High School students, teachers, and staff in Duval County Schools. A prevention and early intervention program that engages youth in a discussion about mental health and learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting signs.

#### Story Tellers

**Tell your story** at presentations and question and answer sessions to spread empathy and awareness and reduce stigma.

### For Advocates & Care Providers

#### Lunch & Learn

**Presenting** an informational overview on mental illness, suicide prevention, information on NAMI, or other community resources to spread awareness about mental illness and available support.

### For Anyone

#### Helpline

**Communicating** with our community who reach out to NAMI's helpline by returning calls and emails with information and support.

#### Information Tables

**Outreach** at health fairs to provide information about NAMI's resources and promote community awareness and support.

#### Crisis File

**Administrating** annual updates of available community resources and maintaining current contact information for mental health providers.