



Are you passionate about educating, advocating and supporting those with mental health conditions and their families?

Do you want to make a positive impact and help your community?

Volunteer for The National Alliance on Mental Illness of San Diego!

- ★ Volunteer at NAMIWalks. NAMI's largest and most successful mental health awareness and fundraising event in the country!
- ★ Be a friendly and supportive presence in the lobby of a local mental health hospital, providing families visiting loved ones with information of support and hope.
- ★ Join our community helpline, giving resources and support to the general public.
- ★ Become an Ending the Silence presenter and share your story, break stigma, increase awareness of mental health issues and resources on local High School campuses.
- ★ Be a Professional business mentor! We need Business Professionals or Retirees willing to volunteer their priceless time as empowering cultivators. You will offer mentoring support to an inexperienced employee by sharing knowledge, guidance and encouraging growth, sustainability and accountability in the workforce.

Contact Alice Kellogg for more information

Email: alicekellogg@namisd.org

Phone: 619-634-6462