

## NAMI Marin Needs Volunteers!

The free programs and services of NAMI Marin are provided by volunteers. NAMI volunteers donate their time each year to education, support, and advocacy. We support those who are affected by mental illness – as family members, as friends, or as individuals living with severe mental illnesses. We donate our skills and resources because we realize:

- How much a severe mental illness affects the whole family
- How little information there is to help people cope and find support
- How social stigma and bureaucratic hurdles become additional obstacles, and
- That lack of parity in health insurance coverage presents an unfair financial burden for those with mental illnesses

Our affiliate depends on the hard work of a core group of volunteers to provide the following basic services:

**Phone Help Line:** Volunteers answer questions and provide referrals to those who leave messages on NAMI Marin's Help Line. Each help-line volunteer is provided with materials updated by the Volunteer Coordinator.

**Community Outreach/Advocacy:** We are in need of support people to help NAMI Marin build and maintain relationships with community agencies and to create a greater community awareness of mental illness and mental health. This may include our presence at community events.

**Communications/Newsletter:** We supply Newsletters to keep NAMI Marin members and our community contacts updated on our programs and activities. Volunteers are needed to help design, edit and update newsletter resource listings.

**Mailing Volunteers:** We are in need of volunteers to help address and mail thank-you letters for donations. Materials provided.

If you are interested in volunteering with NAMI Marin, please call 415 444-0480 and leave a message for Marilyn Goldeen or email us at [namimarinoffice@gmail.com](mailto:namimarinoffice@gmail.com). Please include your full name, phone number and email address.