



Welcome to NAMI-UW!

We're so glad you're here! 😊

Check-in up front to receive your point!



Warm-up Activity

1

Mental Health Redefined

Anonymous notes to safely share your story

Write about your mental health journey

- Something you overcame
- Something you struggle with
- Advice you want to give

I've learned I am strong, while dealing with mental health.

2

Roll the Dice and Say Something Nice!

- 1:** What went well today?
- 2:** How would the people you love describe you?
- 3:** What is a positive thing going on in your life right now?
- 4:** What activity always cheers you up?
- 5:** Describe one thing you are grateful for.
- 6:** Name one thing you like about yourself.

Take Care of Your Mind, Today & Always

It's normal to feel stressed or overwhelmed during the election season. Your mental health matters, and it's okay to not feel okay.

Prioritize Self-Care and Set Boundaries

- Protect your mental well-being by limiting news exposure, practicing self-care, and setting boundaries around political conversations.

Reach Out for Support and Stay Connected

- If you're struggling, seek support from trusted individuals or professionals. Lean on your community—you're not alone in this.

Focus on What You Can Control

- Take time to engage in activities that bring you a sense of calm and balance.

We're all navigating this time together—check in with others and offer a listening ear when needed.



Upcoming Events

Comedy on State

Join us for a laugh at Comedy on State next Wednesday night!

- **Where:** Comedy on State
- **When:** November 13th, doors open at 7:30, plan to meet outside comedy on state at 8
- **Note:** Admissions are \$5 at the door, if you are worried about the cost, contact us!

NAMI x Rec Well Workshop

Join us for a gratitude workshop ran by the Recwell!

- **Where:** Memorial Union (tbd on room)
- **When:** November 19th, 6-7 pm



Upcoming Volunteering Events

World Kindness Day 😊

Come hand out some goodie bags with us that we will be handing out for World Kindness Day to help brighten someone's day!

When: Wednesday, November 13th @ 5-7pm

Where: East Campus Mall

Point: 1 volunteering point

Sign up with this [link!](#)

Green Bandana Distribution

A symbol of our club around campus is the green bandana! Join us in distributing the green bandana and resource cards!

- **When:** Thursday, November 7th @ 2:30-4pm
- **Where:** Union South
- **Point:** 1 volunteering point

Sign up with this [link!](#)




Ongoing Volunteering Events

UHS Training for Suicide Prevention

At your own time complete the canvas suicide prevention training!

- **When:** Ongoing
- **Where:** Accessible via our [website!](#)
- **Point:** 1 volunteering point



Email nami.wisco@gmail.com with a picture of your completed screen to earn a point!

Conversations to Remember

Volunteer with Conversations to Remember to virtually connect with senior citizens and, alongside 2-3 fellow student volunteers, provide companionship that helps combat loneliness and creates meaningful moments!

- **When:** Ongoing
- **Where:** Sign up to volunteer via this [link!](#)
- **Point:** 1 volunteering point (can earn multiple - weekly commitment)

Email nami.wisco@gmail.com with a picture of your registration to earn your point!

Fundraising

Instagram Fall Fundraiser *LAST DAY*
Follow [this link](#) to get access to the IG template then post to your story and raise money for NAMI's programming! Venmo proceeds to @NAMIUW to claim your points.



General Member Feedback Form

Scan Here:



Active Membership Requirements

Email us at nami.wisco@gmail.com with any concerns or questions!



AND earn 1 additional Social, Volunteer, OR Fundraiser point!

2 Meetings Remaining: November 20th & December 4th



Group Me + Venmo (Dues)

Group Me:



Venmo:

Parker Worden

@namiuw

SEMESTER-
BASED:

\$15

YEAR-BASED:

\$25



venmo

*Active Membership Dues can
be paid via venmo or cash!*

Welcome 2024-25 Ambassadors!

Executive Community Outreach Coordinator:

Dominic LeRose

Bandana Project: Megan Elmergreen and Morgan Mahoney

Workshop: Sarah Walz, Brooke Jourdan, Regena Lahti, and Caitlin Profitt

Volunteer: Sophie Petta

Fundraising: Riley Fitch

Socials + Events: Ayana Patel

Marketing: Rose Palmer





WELCOME

Dr. Gernsbacher

(she/her)

Vilas Research Professor and Sir Frederic Bartlett Professor
University of Wisconsin-Madison



Thank you!

Make sure to sign-in if you haven't yet to **earn your point**, or **pick up a green bandana** if you don't have one :)