Welcome to NAMI-UW!

We're so glad you're here! 😊



Check-in up front to receive your point!

Warm-up Activity

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.



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!

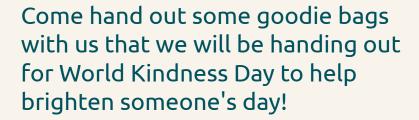
NAMI x Rec Well Workshop

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 🤝



When: Wednesday, November 13th @

5-7pm

Where: East Campus Mall **Point:** 1 volunteering point

Sign up with this <u>link!</u>

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 <u>link!</u>

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



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 <u>link!</u>
- Point: 1 volunteering point (can earn multiple - weekly commitment)

Email <u>nami.wisco@gmail.com</u> 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



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





Dr. Gernsbacher

(she/her)

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

