

VOLUNTEER OPPORTUNITIES

Check any of the following volunteer activities for which you are interested:

SUPPORT NAMI – CC

Board Member

- Participate in Board Meetings

NAMI Office

- Data input, answering phones
- Help maintain library
- Assist with mailings
- Help with monthly meetings

Support NAMI Programs

- Distribute class flyers and materials
- Search for class locations
- Become a presenter or trainer

Help Fundraise

- NAMI In Motion Walk
- Annual Crab Feed
- Local annual picnic
- Help with e-Scrip program
- Learn to write grants
- Develop ideas for raising money

Outreach

- Distribute flyers for events
- Make phone calls
- Help at events
- Attend conferences and events
- Assist recruiting new volunteers
- Tell your story to various organizations

FAMILY SUPPORT NETWORK

The NAMI Contra Costa Family Support Network provides support directly to families of persons who experience mental illness, and help them connect with and navigate the mental health system.

- Staff NAMI's Warm Line
- Meet with family members
- Facilitate family support groups
- Help recruit new family support volunteers

NAMI Newsletter

- Submit book reviews
- Submit articles
- Proof drafts for accuracy
- Distribute newsletter

Social Media

- Help maintain website
- Create and maintain blogs on mental health
- Post to the various social media site like Facebook, YouTube, Instagram, etc

Politics and Advocacy

- Learn about local mental health issues
- Attend various stakeholder meetings



For more information

Please mail this form with the opportunities you are interested in to:

NAMI Contra Costa
2151 Salvio St, Ste V
Concord, CA 94520

Or email to: info@namicontracosta.org

Or call us for assistance in completing your application: (925) 942-0767

Name: _____

Address: _____

City: _____

Zip: _____

Phone: _____

Questions, comments or suggestions: _____

Volunteer Application

Date: _____

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Email: _____

Phone: _____

Best time to call: _____



What hours would you like to volunteer?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Work and volunteer experience:

Positions/Responsibilities:

Company/Organization:

Education, Training & Skills (Please list any degrees or Certifications): _____

Describe any other specialized training: _____

Do you have transportation? Yes: _____ No: _____

What computer skills do you have? _____

What other strengths/skills do you have? _____

Have you ever had involvement with person(s) who have significant Mental Health issues?

Yes: _____ No: _____

If yes, what has been your personal and/or professional involvement? (Optional) _____

What are your interests? _____

What interests you about working with NAMI? _____

Which NAMI opportunities are you most interested in volunteering for – see attached Volunteer Opportunities form? _____

Is there anything else you would like us to know about you? _____

Emergency Contact: Please list a relative or friend who we should contact:

Name: _____

Address: _____

Phone: _____