

# We Need Peer Volunteers!

*Be Part of a Community Built around Compassion*

*NAMI Metropolitan Baltimore's peer volunteers support the lives of people affected by mental illness. You can make a difference by sharing your experiences, skills, and talents!*



*"I was so grateful for the support and lessons I learned through NAMI, that I decided to become a volunteer. I started facilitating support groups and moved into teaching classes. Today, I am thriving on medication and an insight into my illness."*

**Corinna**

*NAMI Facilitator and Teacher*

## Support Group Facilitator

We offer NAMI Connection Peer Support Groups and a NAMI Family Support Group where participants can openly share with each other the challenges of living with a mental health condition or loving someone who has a mental illness, and gain insight from hearing the successes of others.

*Groups are 90-minutes long, and facilitators would be asked to lead a group at least once a month, for a year after training.*

### To be eligible:

- Applicants must have attended one or more of our support groups
  - Either be living with a mental health condition
- OR
- Be a caregiver of someone living with a mental health condition

## NAMI Education Course Teacher

Our NAMI Peer-to-Peer and NAMI Family-to-Family Educational Courses are free to the community and provide tools to empower individuals in their journey with a mental health condition. The NAMI Family-to-Family class is designated as a SAMHSA evidence-based program, as research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

*Classes are 8 consecutive weeks long (skipping holidays) 2 hours per class, and teachers would be asked to teach one class a year, after completing the training.*

### To be eligible:

- Applicants must have graduated from the class they wish to teach
  - Either be living with a mental health condition
- OR
- Be a caregiver of someone living with a mental health condition

# Ready to Apply?



[volunteer@namibaltimore.org](mailto:volunteer@namibaltimore.org)



HelpLine: (410) 435 - 2600

