Project Cal-Well — AWARENESS · SUPPORT · TRAINING

NAMI On Campus
National Alliance on Mental Illness

NAMISan Diego
National Alliance on Mental Illness

SAN DIEGO COUNTY OFFICE OF EDUCATION

## High School Clubs

### Want to make a difference on your campus?

# Join the NAMI On Campus High School Club!

NAMI on Campus High School (NCHS) Clubs are student clubs that raise mental health awareness and reduce stigma on campus through fun activities and education.





### Fast Facts:

- **Mental health is something everyone has**- NCHS will help spread awareness of how to take care of yours!
- 1 out of 5 youth ages 13-18 experience a mental health challenge in a given year; NCHS clubs will **help reduce stigma** on your campus so students feel more comfortable **seeking help or being supportive of others**
- You can make a **positive difference** on your campus by joining NCHS and bringing awareness, acceptance and support to your high school!

### In NCHS, you will:

- Gain leadership experience
- Promote mental health and wellness on campus
- Reduce stigma and discrimination against mental illness
- Plan activities such as movie screenings, mental health fairs, fundraising campaigns
- Participate in an extension of NAMI, the largest grassroots nonprofit organization dedicated to advocacy and education surrounding mental health challenges

Questions for NAMI California? Please contact Beth Wolf: (916) 420-9901or beth@namica.org

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**San Diego County Office of Education**
**FRIDAY, NOVEMBER 4, 2016**
**8:30 a.m.-3:00 p.m.**
**Contact Janet Ortega at jportega@sdcoe.net for more information**

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