



NAMI Atlantic/Cape May

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Improve the lives of those affected by mental illness through support, education, and advocacy.

In Atlantic and Cape May counties, it is amazing how much our all-volunteer organization accomplishes with no paid staff support. Now, more than ever, we need your help to fight increased suicide, substance abuse and severe cases of mental illness in a more stressed mental health system.

Our Volunteers

NAMI members who “want to pay it forward” from the help they received.

Retirees seeking new, non-related work experiences.

College students looking for creative internship opportunities.

High school students needing community service hours.

Personal growth opportunities for all

Below is a list of programs and events NAMI volunteers perform. See where you can fit in!

- Facilitate family support group meetings
- Facilitate Connection groups for those with mental illness
- Teach the Family to Family class
- Represent NAMI at community events
- Present in Our Own Voice programs
- Work in schools to educate teachers, students and parents about mental illness
- Advocate for improvements to the state and local mental health systems
- Join our board of directors
- Help us fund raise
- Help with social media, web site development and data base management

Please nami1557@comcast.net with your name, phone number, email address, resume if you have one, and how you think you'd like to help.

