

Name(*) _____

Relationship to Mental Illness

Phone(*) _____

Parent Sibling Child Self Other

Email(*) _____

Other (please specify)

Mailing Address _____

Diagnosis (if applicable)

Help us better understand how you would like to contribute your skills and talents.

I'm happy to help with...

- | | | |
|--|---|--|
| <input type="checkbox"/> Make Public Presentations | <input type="checkbox"/> Have Conflict Resolution/ Mediation Training | <input type="checkbox"/> Take Program Photos |
| <input type="checkbox"/> Create/Produce Program Videos | <input type="checkbox"/> Contribute Food/Baked Goods to Pot Luck or Holiday Parties | <input type="checkbox"/> Lead a Support Group in a Foreign Language |
| <input type="checkbox"/> Promote Programs | <input type="checkbox"/> Compile Data | <input type="checkbox"/> Meet With or Correspond with Legislators |
| <input type="checkbox"/> Do Outreach to Other Groups | <input type="checkbox"/> Present on a Wellness Related Topic at the Community Wellness Center | <input type="checkbox"/> Lead Volunteer Teams |
| <input type="checkbox"/> Develop a New Program | <input type="checkbox"/> Help with Holiday Parties and Social Events | <input type="checkbox"/> Return Phone Calls in a Foreign Language |
| <input type="checkbox"/> Teach Life Skills Class at Lunch-and-Learn | <input type="checkbox"/> Data Entry | <input type="checkbox"/> Distribute Flyers and Calendars to Local Businesses |
| <input type="checkbox"/> Attend Resource Fairs as NAMI Representative | <input type="checkbox"/> Lead a Support Group | <input type="checkbox"/> Help with Public Education Events |
| <input type="checkbox"/> Participate in Program Advisory Surveys | <input type="checkbox"/> Assist in the Planning of Special Events | <input type="checkbox"/> Welcome and Socialize with Guests at the Drop-in Center |
| <input type="checkbox"/> Prepare and Maintain Inventory for Education Classes | <input type="checkbox"/> Design Marketing Materials | <input type="checkbox"/> Assist with Social Media Communication |
| <input type="checkbox"/> Share Recovery Story - Speakers Bureau or ETS Presenter | <input type="checkbox"/> Teach NAMI Education Class | <input type="checkbox"/> Make Reminder Calls |
| <input type="checkbox"/> Recruit New Volunteers | <input type="checkbox"/> Volunteer at Specific Social Events | <input type="checkbox"/> Send Reminder Emails |
| <input type="checkbox"/> Use Web Design Skills | <input type="checkbox"/> Write Newsletter/Blog Articles | <input type="checkbox"/> Other |
| <input type="checkbox"/> Set Up, Clean Up and/or Host Events at the Drop-in Center | <input type="checkbox"/> Teach a Foreign Language Class | |
| <input type="checkbox"/> Research Facts | <input type="checkbox"/> Write Grants | |

I want to learn how to...

- | | | |
|--|---|--|
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| <input type="checkbox"/> Create/Produce Program Videos | <input type="checkbox"/> Contribute Food/Baked Goods to Pot Luck or Holiday Parties | <input type="checkbox"/> Lead a Support Group in a Foreign Language |
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| <input type="checkbox"/> Share Recovery Story - Speakers Bureau or ETS Presenter | <input type="checkbox"/> Teach NAMI Education Class | <input type="checkbox"/> Make Reminder Calls |
| <input type="checkbox"/> Recruit New Volunteers | <input type="checkbox"/> Volunteer at Specific Social Events | <input type="checkbox"/> Send Reminder Emails |
| <input type="checkbox"/> Use Web Design Skills | <input type="checkbox"/> Write Newsletter/Blog Articles | <input type="checkbox"/> Other |
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| <input type="checkbox"/> Research Facts | <input type="checkbox"/> Write Grants | |

Please do not ask me to..

- | | | |
|---|--|--|
| <input type="checkbox"/> Make Public Presentations | <input type="checkbox"/> Attend Resource Fairs as NAMI Representative | <input type="checkbox"/> Recruit New Volunteers |
| <input type="checkbox"/> Create/Produce Program Videos | <input type="checkbox"/> Participate in Program Advisory Surveys | <input type="checkbox"/> Use Web Design Skills |
| <input type="checkbox"/> Promote Programs | <input type="checkbox"/> Prepare and Maintain Inventory for Education Classes | <input type="checkbox"/> Set Up, Clean Up and/or Host Events at the Drop-in Center |
| <input type="checkbox"/> Do Outreach to Other Groups | <input type="checkbox"/> Share Recovery Story - Speakers Bureau or ETS Presenter | <input type="checkbox"/> Research Facts |
| <input type="checkbox"/> Develop a New Program | | <input type="checkbox"/> Have Conflict Resolution/ Mediation Training |
| <input type="checkbox"/> Teach Life Skills Class at Lunch-and-Learn | | |

- Contribute Food/Baked Goods to Pot Luck or Holiday Parties
- Write Newsletter/Blog Articles
- Events
- Compile Data
- Teach a Foreign Language Class
- Welcome and Socialize with Guests at the Drop-in Center
- Present on a Wellness Related Topic at the Community Wellness Center
- Write Grants
- Assist with Social Media Communication
- Help with Holiday Parties and Social Events
- Take Program Photos
- Make Reminder Calls
- Data Entry
- Lead a Support Group in a Foreign Language
- Send Reminder Emails
- Lead a Support Group
- Meet With or Correspond with Legislators
- Other
- Assist in the Planning of Special Events
- Lead Volunteer Teams
- Design Marketing Materials
- Return Phone Calls in a Foreign Language
- Teach NAMI Education Class
- Distribute Flyers and Calendars to Local Businesses
- Volunteer at Specific Social Events
- Help with Public Education

Please tell us a little bit about yourself, including why you want to volunteer with NAMI Metro Suburban

Please let us know which days you are typically available

- Mondays
- Tuesdays
- Wednesdays
- Thursdays
- Fridays
- Saturdays
- Sundays

Number of hours Per week Per month

Other relevant volunteer or occupational experience: