

NAMI in the Lobby Volunteer

NAMI Minnesota's mission is to champion justice, dignity, and respect for all people affected by mental illness (biological brain disorders). Through education, advocacy, and support, we strive to eliminate the pervasive stigma of mental illness, affect positive changes in the mental health system, and increase the public and professional understanding of mental illness.

During NAMI in the Lobby, volunteers will be available during visiting hours at local hospitals that have inpatient psychiatric units. The **NAMI in the Lobby volunteer** will serve as a resource for families whose loved one is hospitalized. This may involve providing written information on mental illnesses or medications, offering booklets on commitment or the adult mental health system, steering families to NAMI Minnesota classes or support groups, or providing hope and support.

Commitment:

- Two Hour Training
- Any Hospital Required Training (Varies by Hospital)
- Two Hours once a Month (Regular Schedule)
- One Year Minimum Commitment

Responsibilities and Duties

- Serve as a resource for families who have a loved one in an inpatient psychiatric unit.
- Answer questions and provide information to families about mental illnesses, medications, the adult mental health system, and NAMI Minnesota.
- Offer hope and support to families.
- Monitor the supply of NAMI Minnesota brochures. Replenish the supply as necessary.
- Pick up more materials at the NAMI Minnesota office (800 Transfer Road, Suite 31; St. Paul MN 55114) when needed.
- Other duties as assigned.

Qualifications

- Must be a family member of someone living with a mental illness.
- Must have attended one of the following classes: Hope for Recovery, Children's Challenging Behaviors, or Family-to-Family.
- Knowledge of mental illnesses and the experiences faced by people living with mental illness and their families.
- Familiarity with NAMI Minnesota programs.
- A high degree of reliability and punctuality.
- Comfort speaking to strangers one-on-one.
- Able to present a professional appearance when representing NAMI Minnesota in the community.
- Must be a NAMI Minnesota member or willing to join. Memberships start at \$3 (Open Door level).
- Must be able to meet the requirements of the hospital. These will vary from hospital to hospital. This may include filling out an application, passing a TB test, or attending a hospital orientation.

Benefits

- Help family and friends of people living with mental illness find information and resources they need to better help their loved one.
- Increasing public awareness of mental illness and NAMI Minnesota.
- Assist in eliminating the pervasive stigma of mental illness

**For more information, contact Laura Winterstein, volunteer resources director at:
651-645-2948 x110 or lwinterstein@nami.org**

NAMI Minnesota

800 Transfer Road, Suite 31; St. Paul, MN 55114

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