



**CREATE  
CHANGE**  
at the  
**LOCAL  
LEVEL**

 **NAMI** | **Maine**  
National Alliance on Mental Illness

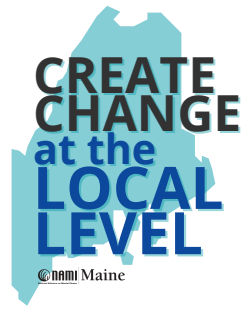
**GET MORE INVOLVED IN YOUR COMMUNITY!**  
Become a volunteer member of your local NAMI Maine Affiliate  
Get Started at [www.namimaine.org/affiliates](http://www.namimaine.org/affiliates)

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# AFFILIATE OPPORTUNITIES

Peer Led. Volunteer Driven. Locally Grounded.

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Volunteer leaders come to NAMI Maine with a passion to dedicate their time and resources to facilitate support groups, teach NAMI signature programs, advocate for mental health systems change, and foster peer relationships that empower and strengthen new leadership.

## Steer

Each Affiliate is driven by a steering committee grounded in their local community. The 6 volunteer positions meet monthly & coordinate directly with their NAMI Maine Staff Support. These volunteers guide the affiliate in advancing mental health education, support, and advocacy in their local community.

## Facilitate

Affiliates provide support groups for people impacted by mental health conditions in their community. Groups are led by trained leaders with lived experience.

**NAMI Connection Recovery Support** - for people living with a mental health condition

**NAMI Family Support** - for people with a loved one living with a mental health condition

## Teach

Affiliates teach NAMI Signature programs to support and empower people with information and evidence-based strategies to improve their well-being.

**NAMI Family-to-Family**

**NAMI Basics**

**NAMI In Our Own Voice**

**NAMI Homefront**

**NAMI Smarts**

**NAMI FaithNet**

## Outreach

Affiliate volunteers **table at community events** to share mental health resources and help get more Mainers connected to help and hope!

## Fundraise

Help your Affiliate raise funds that directly support the people living in your community. Ask your local affiliate about their Walk Team and current fundraising initiatives.

For more information visit [www.namimaine.org/affiliates](http://www.namimaine.org/affiliates)

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# AFFILIATE STEERING COMMITTEE OPPORTUNITIES

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## The Steering Committee Members make NAMI Affiliates possible.

NAMI Maine Affiliates work to improve public awareness and understanding of mental health conditions in their local community. These dedicated volunteer networks provide support groups, educational programs, community outreach, and advocacy opportunities.

## Affiliates are driven by a steering committee grounded in their community.

Volunteer Steering Committee Members coordinate directly with their NAMI Maine Staff Support.

**Designated Affiliate Leader (DAL)** serves as the organizer, convener, and point of contact for their local affiliate. This role is the affiliate liaison to the state office and works closely with their NAMI Maine Staff Support.

The DAL serves as the affiliate point of contact to the local community.

This involves providing information and basic support as needed; referring people to NAMI supports and resources in the local community; replying promptly to email and voice messages; *Getting more Mainers connected to help and hope!*

**Designated Assistant Affiliate Leader (DAAL)** serves as the recorder and manager of steering committee meeting minutes. Additionally, they serve as a backup organizer, convener, and point of contact for their local affiliate when the DAL is unable to perform those functions. This role serves as a temporary DAL if there is an absence in DAL position.

**Affiliate Program Coordinator** is responsible for the management and oversight of affiliate support groups and education programs.

**Affiliate Outreach + Membership Coordinator** is responsible for community outreach activities and membership recruitment in the local community.

**Affiliate Finance Coordinator** is responsible for the management and oversight of affiliate finances.

**Affiliate Advocacy Coordinator** is responsible for overseeing advocacy activities that include training and supporting people in the local community who are interested in mental health advocacy work.

**Interested in starting a NAMI Affiliate?** NAMI Affiliates are created by Mainers who embrace the mission of NAMI and its commitment to building a community of hope for all of those in need.

# NAMI Affiliates in Maine

*providing mental health education, support, and advocacy in their local communities.*



 **NAMI** | Piscataquis County  
National Alliance on Mental Illness  
serving Piscataquis County

 **NAMI** | Bangor  
National Alliance on Mental Illness  
serving Penobscot County

 **NAMI** | Androscoggin County  
National Alliance on Mental Illness  
serving Androscoggin County

 **NAMI** | Bath-Brunswick  
National Alliance on Mental Illness  
serving Sagadahoc County & Brunswick

 **NAMI** | Portland  
National Alliance on Mental Illness  
serving Cumberland County

 **NAMI** | York  
National Alliance on Mental Illness  
serving York County

\*Although there is no affiliate in **Washington County**, NAMI volunteers are here to provide peer support and help with finding local resources.

## Expanding support, close to home.

Interested in starting a NAMI Affiliate?

NAMI Affiliates are created by volunteers who embrace the mission of NAMI and commitment to building a community of hope for all of those in need.

*Initial Requirements: a minimum of five members & at least two trained teachers or facilitators to conduct NAMI Education classes or programs in the community.*

The strength of NAMI is in our grassroots membership. Become a member of your affiliate at [www.namimaine.org/membership](http://www.namimaine.org/membership)



Learn More at

[www.namimaine.org/affiliates](http://www.namimaine.org/affiliates)

