



**nami**  
National Alliance on Mental Illness

**Virginia**

## **Get Involved**

### **Join NAMI**

Membership is a major way to support mental health initiatives in local communities through affiliates and help us have a stronger voice with our advocacy. Become a part of our organization on all levels and receive membership benefits.

Join today (<https://www.nami.org/Get-Involved/Join>)

### **Donate**

Your donations support NAMI Virginia's efforts to improve the lives of those with mental illness and their families. Make a donation to NAMI Virginia. Many companies match donations made by their employees. Check with your employer today to double your donation.

Donate your vehicle through our Vehicle Donation Program. Give back while shopping through Amazon Smile.

### **Become A Corporate Partner**

There are year-round opportunities for your employees and company to partner with us. Your partnership is an investment in your employees and your community. Learn more about partnering with NAMI Virginia today.

### **Participate In Events**

Events take place around the state throughout the year. Learn about our regular activities, view previous event photos and check out our current calendar. Find out more about our activities in Virginia.

### **Advocate For The Cause**

There are many ways to get involved with mental health advocacy efforts. Learn strategies to encourage positive legislation, find out the latest legislative updates, and more.

Learn about how to advocate for mental health policies.

### **Volunteer**

NAMI Virginia and its affiliates depends on the dedication of its volunteers. See how you can contribute your time and talents to further our mission. Read more about volunteering with NAMI Virginia

### **Connect With Your Local Affiliate**

To volunteer, donate to, or learn more about your local affiliate, connect with them today. Or call your closest affiliate if your area does not have a local affiliate.

### **Request A Speaker**

Learn more about requesting a speaker from NAMI Virginia. To locate and request a speaker from your local NAMI affiliate, click here ([https://NAMI\\_virginia.org/find-your-local-NAMI-affiliate](https://NAMI_virginia.org/find-your-local-NAMI-affiliate))