Volunteer work for NAMI Virginia allows me to make a contribution in areas that are important to me. I value the opportunity for personal connections with other individuals through facilitating the Central Virginia Family Support Group and teaching the Children’s Challenging Behaviors class. And, I enjoy being a part of changing laws, policies and practices through advocating with organizations and legislators.

Serving as a Board Member for NAMI Virginia is an honor and a privilege which provides opportunities to support and be supported by others who have experienced mental health challenges and are committed to increasing awareness, prevention and effective treatment for all.

Beth Tolley
NAMI Virginia Board
I most enjoy the relationships with the class participants and seeing their courage, strength, and compassion.

When a someone experiences mental illness, their family members are often in a place of bewilderment and confusion. Family-to-Family offers education and resources that provide ways to better support our loved ones and ourselves. **We are not alone. There is always hope.**
I love educating people about mental health and empowering them to make more informed decisions and choices about their treatment and make positive changes in all areas of their lives.

Reaching out for help takes a lot of courage. Often Peer to peer is the first step people take on their mental health journey.
I enjoy being NAMI Piedmont's Walk Team Leader, because it stimulates my creativity in getting others involved in this worthwhile cause; both altruistically and donation-wise. The Walk gives NAMI a great forum to promote its programs, goals, and hopes for those involved with mental health challenges as a team.

The Walk can be hard work, but lots of fun too! You get to interact with your affiliate members outside of the structure of NAMI meetings, classes, and support groups. Many friendships are formed along the way through yard sales, contacting community resources, walking together for an important cause, etc. Of course, there is the serious side of the Walk we all recognize and respect too. There is no forgetting that while we can sometimes and must have some fun in getting the job done of Stigma Busting it is an overwhelming task for all of us.....but we are Mental Health Super Heroes, and, as a team, we will chip away at all that dares to get in our way!!!

Kathy Weigel
NAMIWalks

Volunteer Appreciation Week | April 18th - 24th
Dominick Halse
Affiliate Leadership

"I love helping to run the Board of Directors which helps fill an important need in my community. Lives are changed by NAMI programming and I enjoy being able to ensure that this programming exists in the lives of people in need.

It's my great honor to be an affiliate leader. I enjoy helping others as NAMI NSV helped me in some of my darkest times through its Connection Support Group. My life is forever changed because of NAMI and I want NAMI to keep changing lives."

Volunteer Appreciation Week | April 18th - 24th
What I most love about this role is the opportunity to keep learning about mental health as well as being able help people and advocate.

The Youth Advisory Board is like a family, whenever we're on a call, you can feel the love and support, even virtually.
I understand where parents are...because I have been there. I enjoy helping them so that their journey will be smoother.

Living in a rural area it’s difficult to find appropriate services. I am thankful for NAMI Roanoke and Virginia Family Network for helping to bring awareness and support to Southwest Virginia.

Becky Silvey
Children's Challenging Behaviors
What I most enjoy doing in this role is connecting with other people and getting to teach other people amazing things.

One thing about the resilience training is that it’s an awesome way to start getting involved with Youth Move Virginia.
I love being able to give back to those who are going through similar issues that I am going through myself.

P2P class is an awesome program that not only helps others but helps me, every time I facilitate the class.
The thing I enjoy most about serving on the Youth MOVE Virginia Advisory Board is the friendship I've found in it. My fellow board members are lifelong friends who "get it." We volunteer together, and at the same time, we're all navigating through life as youth and young adults with lived experience. These connections have improved my service and my life as a whole.

Youth MOVE Virginia focuses on a wide variety of lived experience. Beyond mental health, we also advocate for change in other important systems like juvenile justice, education, and child welfare. Being involved with Youth MOVE is a unique opportunity for young people to speak up and make change in any of the systems we've navigated.

Paige Long
YouthMOVE Advisory Board

Volunteer Appreciation Week | April 18th - 24th
I enjoy the connections made with families. I also enjoy the feeling of helping others while encouraging them to do the same.

As a parent who has worked through challenges with my child it is reassuring to know that you are not alone and that there are resources available.
My focus is on community building and amplifying young people's voices. We try to take the perspective that we are all continually learning about mental health and shedding the myths attached to mental health topics. I also really appreciate interacting with students and staff to figure out how to create better systems at my university.

I am involved with a college chapter of NAMI called NAMI On Grounds. It has steadily grown during my time at UVA, and this sudden growth has really allowed us to provide more outreach to students. I have truly appreciated the leadership of our previous club president, who was the first international president of our chapter, for creating an environment to foster conversations that had previously never been explored. I have full faith that this group is becoming more focused on creating intersectional conversations and a more inclusive space.
The In Our Own Voice presentation is intended to be highly interactive, and attendees should feel confident asking whatever questions they may have. There is no such thing as a "dumb question"!

I love being able to speak directly with people about the importance of mental health care. I think we've been able to change some opinions about what mental illness looks like, and more importantly, spur some folks on to pursue their own mental health treatment.

The In Our Own Voice presentation is intended to be highly interactive, and attendees should feel confident asking whatever questions they may have. There is no such thing as a "dumb question"!

Marie Davis
NAMI In Our Own Voice

Volunteer Appreciation Week | April 18th - 24th