



Advocacy, education, support & public awareness for those with mental illness & their loved ones.

Impact100 WISHLIST

Donations

- \$100** provides suicide prevention programming to two classes through NAMI Ending the Silence
- \$375** provides one trained peer mentor to lead NAMI Peer-to-Peer
- \$500** provides 18 families with resources to support their loved one's mental illness recovery journey in NAMI Family-to-Family

Physical Items

- 1" White 3-Ring Binders** for curriculum
- 2" White 3-Ring Binders** for curriculum
- Printer Paper** for curriculum and flyers

Sponsorships & Fundraising

NAMIWalks SWOH Sponsorships available from \$500 - \$10,000. To learn more visit namiswoh.org/namiwalks

NAMI Do-It-Your-Way - design your own campaign to raise awareness, funds, and support NAMI SWOH. Learn more at <https://doityourway.nami.org/event/swoh>

Volunteer Engagement

Tabling - share our resources at events



I&R HelpLine - train to staff the phone line

Events - set up/ staffing / tear down, etc.

Program Leaders - trained volunteers with lived experience of mental illness or of a loved one

Questions? Contact Katie Harper, Executive Director katie.harper@namiswoh.org



Free wardrobes for trans youth & support services for LGBTQ+ individuals & their families.

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Volunteer Engagement

Allies - We need allies attending community events, supporting & spreading the word

Clothing Drop-off Day - Sorting /organizing

Manual Labor - Housecleaning, upkeep; landscaping at our LGBTQ+ Center

Physical Items

Medium - 5XL chest binders - need: 200; varying styles, all sizes



Monthly snack or drink subscriptions - much of our clientele is food insecure, so we always provide sustenance at groups

Client kraft paper shopping bags

LGBTQ+ Center upkeep needs - garbage bags, clorox wipes, paper towels, toilet paper, laundry detergent, dishwasher pods

Amazon gift cards - shoes, various items needed for client appointments

Landscaping - flowers, bushes, mulch

Donations & Sponsorships

\$100 Provides supplies for monthly K-12 Youth & Family Support Group

\$250 Sponsor a Youth Client - we provide full wardrobes to 300 - 450 clients per year

\$500 Provides meals for our annual Trans Day of Remembrance event

Questions? Contact Tristan Vaught, Co-Founder tristan@transformcincy.org