



.CONEXION.

mailchi.mp/nami/nng-newslettering



A youth-to-youth newsletter that connects aspiring mental health advocates with tools, information and resources.

NAMI Teen & Young Adult HelpLine

nami.org/Support-Education/NAMI-HelpLine/Teen-Young-Adult-HelpLine

Call **1-800-950-6264**

Text **friend** to **62640**
or chat at nami.org/talktous



Talk to us.
NAMI T&YA HelpLine



Monday – Friday
10 a.m. – 10 p.m. ET

NAMI Say It Out Loud is a free online card game created BY young people FOR young people. Check out conversation prompts about life, relationships and mental health.



SAY IT OUT LOUD!

Let's get to know each other and smash mental health stigmas together.



siol.nami.org

Mental Health COLLEGE GUIDE



Mental Health COLLEGE GUIDE

NAMI's College Guide, created in partnership with JED, is an online resource created BY college students FOR college students. Browse important topics and resources that support the mental health of college students.

collegeguide.nami.org