

NAMI 10 for 10 Checklists

CONNECT

- ☐ **Text someone “I appreciate you.”**
A small message can brighten someone's day.
- ☐ **Call a family member just to say hi.**
Connection doesn't need a reason — just a moment.
- ☐ **Check in with a friend: “How are you doing, really?”**
A simple question can open an honest conversation.
- ☐ **Invite a friend to join a NAMI Support Group.**
Encourage connection through community.
(nami.org/SupportGroups)
- ☐ **Send a voice memo instead of a text.**
Hearing your voice makes it more personal.

LEARN

- ☐ **Try a new grounding or breathing exercise.**
Even one minute can reset your day.
- ☐ **Listen to a NAMI podcast episode.**
Stories and insights can shift perspectives.
(nami.org/podcast)
- ☐ **Read an article about how mental health impacts physical health.**
The mind and body are deeply connected.
- ☐ **Journal one sentence about how you feel today.**
Reflection helps you understand yourself better.
- ☐ **Watch a NAMI video sharing a lived experience.**
Hearing others' stories builds empathy.
(youtube.com/nami)

ACT

- ☐ **1) Sign up for NAMI's federal advocacy alerts 📢**
Stay informed and take action on mental health policy.
➔ [NAMI.org/TakeAction](https://nami.org/TakeAction)
- ☐ **2) Share the 988 Suicide & Crisis Lifeline 📞**
You never know who might need it. "Call or Text 988"
- ☐ **3) Share your lived experience as a mini-story through NAMI's Why You Advocate project 📖**
Your voice can inspire others and support change.
➔ [NAMI.org/WhyYouAdvocate](https://nami.org/WhyYouAdvocate)
- ☐ **4) Volunteer one hour this month 🙋**
Your time can make a real difference.
- ☐ **5) Donate to a mental health organization 💰**
Every dollar supports mental health programs and services.

CARE

- ☐ **Take a 10-minute movement break.**
A walk, stretch, or dance can reset your mood.
- ☐ **Write a thank-you note.**
Gratitude strengthens relationships.
- ☐ **Leave a kind comment on a NAMI post.**
A little positivity goes a long way.
- ☐ **Post a photo of what brings you calm.**
Sharing calm can spark calm.
- ☐ **Explore a NAMI education program that supports self-care.**
Caring for yourself helps you care for others.
(nami.org/programs)

SHARE

- ☐ **Share a mental health resource link (like nami.org).**
You never know who may need it today.
- ☐ **Post your favorite coping skill.**
Your strategy could inspire someone else.
- ☐ **Share a NAMI story, video, or quote that resonates with you.**
Highlight lived experience and hope.
(nami.org/share-your-story)
- ☐ **Share an affirmation that helps you.**
Words of hope are worth spreading.
- ☐ **Tag 3 friends to join #NAMI10for10.**
Connection grows when we invite others in.



National Alliance on Mental Illness

#MentalIllnessAwarenessweek

#MIAW

nami.org/MIAW