

# NAMI MINNESOTA

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## WHAT IS NAMI?

NAMI stands for the National Alliance on Mental Illness and is a nonprofit organization dedicated to improving the lives of children and adults with mental illnesses and their families.

## SUICIDE PREVENTION

Area IV of Responsibility: Evaluation  
Following four workshops for suicide loss survivors, I completed phone surveys with participants in order to gather evaluation data.



## TOBACCO CESSATION

Area II of Responsibility: Planning  
In collaboration with my mentors, I created a support group manual that will be used by individuals who want to start a tobacco cessation support group.

## WELLNESS PROGRAMMING

Area VI of Responsibility: Communication

As a result of COVID-19, I conducted Zoom presentations on nutrition, physical activity, and staying connected.



IF INTERESTED, I'D LOVE TO SHARE MORE  
ABOUT MY EXPERIENCE!  
CONTACT ME AT [GJANOVEC@GMAIL.COM](mailto:GJANOVEC@GMAIL.COM)

For more  
information, visit  
[namimn.org](http://namimn.org)