



THE UNIVERSITY of
NEW MEXICO

NAMI UNM Meeting

June 30th, 3:30 – 5:00 pm,
Student Union Building, UNM
Third Floor, Room: Jemez

1 Introduction (15min)

- a. Member sign in
- b. Ice breaker

2 Meetings Objective (4min)

- a. Go over things in motion for next semester
- b. Pick the schedule of events
- c. Inform what we will discuss next meeting

3 Things in motion (10min)

- a. Support group
- b. Jed initiative
- c. Office
- d. Welcome Back Days!

4 What events will we do next semester to educate and advocate mental health? (35min)

- a. Proposed dates
 - September is Suicide Prevention Awareness Month
 - September 10th is World Suicide Prevention Day” Sunday”
 - The first week in October is Mental Health Awareness Week
 - During Midterms
 - During Finals
- b. Proposed Event Ideas, refer to the top of the second page

- Educational Discussions
- Sub Lair Platform Event “In your own voice” other?
- Sub “Myth or Fact”
- Sub Flat Screen Video
- Tabling
 - Recognizing mental illness signs and symptoms
 - Dealing with stress (SHAC)
- Movie, with a partnership?
- Ribbon Handout
- Bring a Poet
- Resource Fair
- Breaking the Silence
 - General Population & Greek Life (targeted outreach)

5 Bonding Events (20min) Weekend?

- a. Celebration!
- b. Stress free game days
- c. Hiking
- d. Ice skating

6 Next Meeting (5min)

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| <ol style="list-style-type: none"> a. Meetings should be biweekly, weekly?? b. Office Time Sheet c. Website d. Email | <ol style="list-style-type: none"> e. Newsletters f. Presentations g. Budget h. Officer Positions i. Facebook |
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7 Adjourn Meeting (1 min)