



## OPPORTUNITIES



## Become a Volunteer Presenter!

**Share Your Story and Inspire Others!**

We are seeking volunteer presenters to share their personal journeys living with a mental health condition. Your story brings the experience “out of the textbook” and “off the page,” creating a powerful connection with audiences.

Many presenters have described their participation as “cathartic” and “healing,” making a meaningful difference in others' lives.

**Details:**

- Compensation: \$35 per presentation
- Flexible Commitment — choose what works for you!
- Must identify as a peer (someone who has experienced a mental health condition)
- Languages accepted: English, Spanish, or Cantonese

If you're ready to make an impact and help break down stigma around mental health, we'd love to hear from you!

Call or email Emma Peat @ 415-379-0537/emma@namisf.org.

## UPCOMING EVENTS

### SUICIDE PREVENTION & CRISIS INTERVENTION TRAINING

PRESENTED BY: NAMI SAN FRANCISCO AND SAN FRANCISCO

SUICIDE PREVENTION  
COMMUNITY EVENT

ON ZOOM  
THURSDAY, SEPTEMBER 11  
6:00PM - 7:30PM

TOPICS INCLUDE: WARNING SIGNS, SUPPORTING SOMEONE IN CRISIS, ASSESSING FOR SUICIDE RISK , DE-ESCALATION, AND SAFETY PLANNING



**Thursday, September 11**  
**6:00-7:00 pm**  
**On Zoom**

Join NAMI San Francisco and San Francisco Suicide Prevention for a suicide prevention and crisis intervention training. Whether you have loved ones, clients, students, colleagues, or anyone in your life who may be struggling, this training is for anyone who wants to be better prepared to support someone who is struggling with thoughts of suicide and is at risk of a crisis. This session will provide valuable skills in recognizing warning signs, supporting someone in crisis, assessing risk, de-escalation, and safety planning.

Topics include:

- Recognizing warning signs of suicide
- Supporting someone in crisis
- Assessing suicide risk
- Crisis de-escalation techniques
- Creating safety plans

[REGISTER](#)



## NAVIGATING MENTAL HEALTH COVERAGE AND COMMUNITY SERVICES



FEATURING:  
KEVIN MILNE & CATHERINE  
BRADY

LEARN HOW TO ACCESS INSURANCE COVERAGE, UNDERSTAND PATIENT RIGHTS, NAVIGATE THE APPEALS PROCESS, AND WRITE EFFECTIVE APPEAL LETTERS. DISCOVER KEY MENTAL HEALTH SERVICES IN SAN FRANCISCO, INCLUDING MENTAL HEALTH SF AND BHAC.

**COMMUNITY EVENT**  
THURSDAY, SEPTEMBER 18  
6:00PM - 7:30PM

**Thursday, September 18**  
**6:00-7:00 pm**  
**On Zoom**

NAMI SF is hosting this special event to empower people experiencing mental illness, as well as their families and caregivers, to locate and access insurance coverage for mental health care, understand patient rights, navigate the appeals process if a claim is denied, and write effective letters of appeal. We'll also highlight key community mental health services available in San Francisco, including Mental Health SF and the BHAC.

Topics include:

- Appeal Rights & Processes
- California Law Governing Patients' Rights
- Step-by-step guide to filing a grievance with your insurance company and appealing a denial of a claim with the state
- Tips for writing effective letters of appeal, including a sample letter
- Overview of Mental Health SF and the San Francisco Mental Health Plan (SFMHP)
- Information on the Behavioral Health Access Center (BHAC)
- Accessing residential treatment programs, vocational services, and intensive case management

[REGISTER](#)

NAMI San Francisco Presenta la Segunda  
Edición Anual:

## Cumbre de Salud Mental Latinx

¡Llevada a cabo en Español!

***Jueves, 25 de Septiembre***

***6:00 - 7:30 pm ZOOM***



**Jueves, 25 de Septiembre @ 6:00 - 7:30pm**  
**Thursday, September 25 @ 6:00 - 7:30 pm**  
**Zoom**

NAMI San Francisco presenta: ¡Segunda Cumbre Anual de Salud Mental Latinx! Septiembre es el inicio del Mes de la Herencia Hispana (del 15 de septiembre al 15 de octubre). El 25 de septiembre, profesionales de la salud mental hablarán sobre una variedad de temas relacionados con la salud mental de los latinos. En Español! En Zoom.

Este evento es para miembros de la comunidad latinx/de habla hispana y aquellos comprometidos a apoyar la salud mental Latinx, tomando medidas activas para abordar el estigma y las barreras a la atención, identificando recursos comunitarios y hablando de manera constructiva sobre la salud mental Latinx.

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NAMI San Francisco Presents: First Annual Latinx Mental Health Summit! September is the start of Hispanic Heritage Month (September 15 - October 15). On September 25, mental health professionals will discuss a range of topics related to Latinx mental health. In Spanish! On Zoom.

This event is for members of the Latinx / Spanish-speaking community and those committed to supporting Latinx mental health, taking active steps toward addressing stigma and barriers to care, identifying community resources, and talking constructively about Latinx mental health.

**REGISTER**



**Saturday, October 25th @ 9:00am - 4:00pm  
Laney College, 900 Fallon Street, Oakland 94607**

**The Building Bridges: Advancing Supported Decision-Making (SDM) in Diverse Communities** conference aims to address SDM for professionals in California in:

- Education
- Healthcare
- Speech pathology
- Social work, social services, and behavioral health
- Law
- Nonprofit organizations
- and others who work with people with intellectual and developmental disabilities (IDDs), aging communities and people with mental health conditions.

This conference aims to increase knowledge and application of SDM (and AB 1663) with professionals in California, facilitate community dialogue, and work towards a cultural shift to reduce the use of conservatorship.

The conference will include workshops and community conversation sessions that can increase the capacity for professionals serving diverse people with disabilities and their families to provide relevant and culturally responsive information about SDM. Conference schedule will be available on August 4 on the conference website.

Contact: [sdmconference@csueastbay.edu](mailto:sdmconference@csueastbay.edu)

**REGISTER**

# RECURRING EVENTS

## VOLUNTEER OPEN HOUSE

First Thursday | 6pm on Zoom *Monthly!*

Third Wednesday | 12 pm on Zoom

Meet staff and learn about  
ways to get involved!



Thursday, September 4th @ 6:00 - 7:00p  
Wednesday, September 17th @ 12:00 - 1:00p

Want to learn about ways to get involved and give back? Check out the Open House! Volunteers are at the heart of the NAMI SF mission and there are tons of ways to get involved. The Open House is a great space to meet staff and explore available positions. Monthly on the first Thursday (evening) and third Wednesday (noon).

[REGISTER TO ATTEND](#)

## OTHER WAYS TO GIVE

**Support local business that SUPPORT NAMI SF!**

**COMMUNITY THRIFT STORE** accepts donations on behalf of our charity partners, sell the items in our store, and then disburse the proceeds. When donating with us you can select which charity should benefit from the sale of your items.

**SPORTS BASEMENT** is a sporting goods retailer and community center in San Francisco, that sells and rents outdoor gear and equipment. Sports Basement has multiple locations in the San Francisco Bay Area, including the Presidio and Stonestown Galleria. Sign up to become a Basmenteer and enjoy 10% off, then choose NAMI SF as your charity and 10% of profits from that purchase will go to support our mission.



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