



Donna Malone, President

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**2024-2026 GFWC Pennsylvania President's Project:
HEART, MIND, SPIRIT: Mental Health Awareness**

OBJECTIVE

To bring awareness and understanding about the impact of mental health not only in our own lives, but to those we strive to help within our communities.

GOALS

- Increase understanding of the seriousness of mental health in our youth and young adults.
- Increase understanding of how families are impacted.
- Support those who struggle with mental health within our communities through education, projects, and programs. Encouraging selfcare will also be a goal of this program.
- Reduce the stigma and encourage those who are affected to reach out for help.

EDUCATE & INSPIRE

- Work with NAMI to educate our clubwomen in becoming Mental Health Advocates at the state and local levels.
- Support NAMI through membership and advocacy.
- Clubwomen can utilize and support local resources offered by NAMI through affiliates.
- Invite NAMI leaders to speak at our state, district and local club meetings and events.

SHARE INFORMATION

- 988 – Connects those in crisis with Suicide Prevention & Mental Health Counselors.
- Community program availability.
- NAMI – National Alliance on Mental Illness, National Website: <https://nami.org>
- NAMI – Pennsylvania has 37 Affiliates, 360 Nationally <https://www.namikeystonepa.org>
- NAMI – Blair County, Aimee Burns, Executive Director, 814-327-7083, 711 9th Avenue, Altoona, PA 16602, <https://www.namiblaircountypa.org>

OUTREACH INITIATIVES

- Increase awareness of programs in our local communities through NAMI.
- Support NAMI programs by funding marketing materials.
- Provide support at a NAMI meeting or event with refreshments, volunteer services, etc.
- Promote mental health through GFWC Pennsylvania programs such as GFWC Signature Program: Domestic and Sexual Violence Awareness & Prevention – Teen Dating Violence and Bullying; Social Media Safety; Health & Wellness; Arts & Culture poster contest: “Stop the Stigma;” Human Trafficking Blue Project; Legislative and Public Policy Advocates, and by supporting the GFWC National Day of Service by addressing food insecurity for local families and children.



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PROJECT SUGGESTIONS:

1. NAMI

You can benefit from the programs offered by NAMI Pennsylvania with your annual membership. Apply for Membership online. (cost: \$5 - \$40). With your full membership, you will be able to access webinars, receive informative email updates, and receive the NAMI magazine. Knowledge is power.

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Report the number of memberships within your club. Report the number of ways your club has promoted NAMI and the services/programs offered. Report the number of ways your club members get involved with NAMI programs either advocating for or supporting programs. Promote the emergency numbers and how to reach someone in an urgent situation – 988, etc.

2. TEENS AND YOUNG ADULTS (and Women and Family Shelters)

Teens and young adults across the Commonwealth are struggling with mental health issues brought about by several causes or events in their lives. Find ways to reach out to them with the following programs or other areas that are specific to your community.

- Through the GFWC Signature Program: Domestic Violence Awareness and Prevention – incorporate the projects outlined in the 2025 GFWC Club Manual into your club's activities.
- Adopt a TEEN SHELTER or FAMILY SHELTER in your community and offer support. Request their wish lists and help provide the necessities and the niceties needed for daily life. Items such as art supplies, journals, school supplies, blankets, personal care items, are always welcomed and needed.
- Reach students who need specific items, such as coats, shoes, or clothing items by contacting the school nurse or guidance office in your local school district.

Report your club's activities by providing details of the programs you've initiated. Provide a count and total of in-kind donations.

3. FOOD INSECURITY

Support local food banks and food drives within your community. Remember that food and other items provided at food banks are not just needed during the holiday season, but year-round.

Register NOW and participate in the GFWC NATIONAL DAY OF SERVICE on Saturday, September 28, 2024, with a service project geared to supporting food banks and those in need. Register online or by email through the GFWC website (www.gfwc.org). Report all activities and in-kind donations.