

10 Step Guide to Establishing your Club's Mental Health Program

- 1. Raise Awareness:** Discover from within your club if anyone is currently working with any local mental health groups and/or has been affected by mental health issues via family, friends, or community members.
- 2. Establish a Committee:** Form a dedicated Mental Health Committee comprising of passionate members willing to champion this cause. Could just be two people.
- 3. Collaborate with Local MH Organizations:** Learn what local mental health organizations and/or professionals are doing in your local community or County. Invite them to be a Guest Speaker. Decide which Mental Health orgs your club would like to collaborate with.
- 4. Training for Members:** Offer training and basic expertise through local AFSP (American Foundation for Suicide Prevention) and/or local NAMI (National Alliance for Mental Illness). This basic mental health training will assist in recognizing signs of distress and offer initial support to available resources.
- 5. Community Workshops:** Discuss Progress at each Club Meeting (even if just for a couple of minutes). Attend local Mental Health Awareness events and setup a Rotary table with a tent ... OR ... share a table with another organization.
- 6. Fundraising for Mental Health Causes:** Although Rotary is not a Mental Health organization, we can support "established" MH Organizations having Fundraising Events. This can be accomplished through posting event on your Social Media and having a Rotary Table at a Local Mental Health Fundraising Event. Ideally the event will benefit a Local organization, but benefiting a county organization should be acceptable as well.
- 7. Collaboration with Schools and Colleges:** Collaborate with organizations "already" attending MS, HS and Colleges in your area that are discussing Mental Health or having Mental Health Events. It's difficult to just try and walk into a academic institution to begin a mental health initiative. Therefore, Piggyback with an organization that already has their feet in the door. Working with schools and colleges to incorporate mental health awareness target younger generations to ensure a long-lasting impact.
- 8. Reduce the Stigma thru Awareness:** Encourage open conversations within your club and community about Mental Health Awareness. Continued dialogue will become more and more acceptable over time.
- 9. Engage in Advocacy:** Advocate for mental health policy improvements at the local level. Be the Mental Health Awareness voice for those who may not have the platform to speak for themselves. Provide and Promote the 988 Suicide & Crisis Lifeline.
- 10. Evaluate and Adjust and Share:** Regularly assessing the impact of your initiatives thru feedback will improve your approach based on the evolving needs of your community. Share your Successes and Challenges MONTHLY with D7210 DAGMHI Committee (District Action Group Mental Health Initiative) on Zoom, 1st Monday of each month.

Rotary International RAGMHI Link at <https://www.ragonmentalhealth.org/>.
District 7210 DAGMHI Link at <https://www.rotarydistrict7210.org>

D7210 Looking Inward video on Youtube at: <https://youtu.be/twZFXOVit7E>.
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