



NAMI-Virginia Beach has joined with the I NEED A LIGHTHOUSE Foundation to reach into local High Schools to establish an ongoing educational presence through the Lighthouse Psychology Club.

Lighthouse Psychology Clubs meet monthly and address topics such as:

- Opportunities in various Mental Health Professions
- Current issues debated in the field of Mental Health
- Stigma and education around Mental Health/Mental Illness, including how mental illness is portrayed in the media

The first club was founded at Cox High School in 2008. In 2009, Bayside High School, First Colonial High School, and Ocean Lakes High School followed.

Start a Lighthouse Psychology Club at your school!

- Step 1: Contact Kay Ashby (NAMI) at 757-285-8362 or Kathleen Wakefield (Executive Director, INAL) at 757-496-9775
- Step 2: Find a staff member willing to sponsor the club – there is a small stipend and NAMI-VB and INAL provide a list of speakers/topics, obtain speakers, and arrange field trips and outreach opportunities
- Step 3: Visit your Student Activities Coordinator and complete the required paperwork

If you would like more information re: the club activities and/or help getting the process started at your school – Please contact us today at 757-285-8362.