In 2017, the National Psoriasis Foundation marked 50 years of serving the psoriatic disease community. NPF began with a tiny ad in the Oregonian, a local Portland newspaper, in 1966. Beverly Foster, who went on to found NPF, received 100 calls the week after the ad appeared. These people met in her living room, then moved to the public library as news spread and more people joined. Serving the psoriatic disease community has been part of our DNA since day one!

Today, thousands of volunteers from across the country are the backbone of everything NPF does. As part of our current 2014-2019 strategic plan, NPF has a goal to double the number of our volunteers. Volunteer at whatever level works for you and help us to reach that goal!

We would not be able to improve the lives of those affected by psoriatic disease and move closer to finding a cure without your dedicated time and talents. The good news is helping us can support your health! Volunteers have lower mortality rates, greater functional ability, and lower rates of depression in later life.*

So, what are you waiting for? Whether you have 5 minutes or a whole day, you can help in many ways. Below are some examples of ways you can get involved. To find out more visit psoriasis.org/get-involved or contact us at volunteer@psoriasis.org.

5 minutes
- Like and/or share an NPF social media post
- Send a form letter provided by NPF to your congressman or local officials
- Complete a survey
- If your provider is not an NPF member, give them membership info

30 minutes
- Sign up for Citizen Pscientist
- Create an online fundraising campaign
- Call your elected officials about an advocacy issue
- Write a customized letter sharing your journey with your elected officials

1 hour
- Hand out educational materials at a local health fair
- Ask your family and friends to contact legislators about NPF initiatives
- Attend a Team NPF event in your area
- Host a gathering of patients in your community

1 day
- Help out at a Team NPF event
- Attend a lobby day in your state
- Schedule a meeting with your congressman in their district office
- Participate in an advisory board