



# **NAMI Walks** YOUR WAY

## NAMI Walks *Your Day*

### Ways to Participate in NAMI Walks Your Way

#### ENGAGE INDIVIDUALLY:

- **Do a short video** message on what Mental Health for All means to you and post it on social media.
- **Let everyone know why** you're fundraising and how NAMI Walks impacts you.
- **Use NAMI Walks Signs of Hope** to show why you support Mental Health for All.
- **Entice your donors with a challenge.** Say something like "If I raise \$500 today, I will perform a song of your choice on Facebook Live." Make it fun and silly – remember, humor is healthy!
- **Share a quick video or post a picture** of how you take care of your mental health.
- **Honor who you are walking for** – yourself, your family member, a friend – by posting a picture online. We all have a personal connection to mental illness.

#### IMPORTANT TIPS:

- Be sure to use the hashtag #NotAlone and your local hashtag (check your local NAMI Walks' webpage) when posting on social media, so we can share your engagement with others.
- ALWAYS link back to your fundraising page or team page when communicating about the event so people know exactly how to support your NAMI Walks Your Way efforts.

