



## SHARE YOUR STORY

Are you ready to share your mental health story on social media? Choose a prompt below. Use your smartphone to video your response and then post it on your favorite social platform. Or practice and go Live on Facebook, TikTok or Instagram. Some things to remember:

- Keep your video to 30 or 60 seconds
- Practice, practice, practice!
- Tag #NotAlone
- Include a link to your walk fundraising page

### Video Prompts (choose one to get you started)

1. What does **Mental Health for All** mean to you?
2. What are you doing for **NAMI Walks Your Way**?
3. **My Name Is:**

- My name is \_\_\_\_\_ and I have [an anxiety disorder]. I'm participating in NAMI Walks because \_\_\_\_\_.
- My name is \_\_\_\_\_ and I am participating in NAMI Walks in [support/memory] of \_\_\_\_\_.
- My name is \_\_\_\_\_ and I'm participating in NAMI Walks because \_\_\_\_\_.

