



Southeast Wisconsin

FREQUENTLY ASKED QUESTIONS

WHAT IS NAMIWALKS "YOUR WAY"?

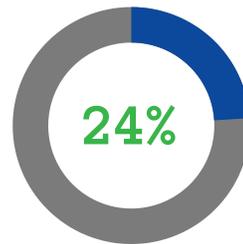
We all have different paths in life. To honor this, we present NAMIWalks "Your Way" Southeast Wisconsin: an event to end the stigma surrounding mental health conditions. Choose to participate "your way": in person or virtually, independently or with a team, and from a variety of activities including optional walking paths, art projects, free yoga offerings, and live musical performances as we unite to support mental health for all!

HOW DOES NAMIWALKS MAKE A DIFFERENCE

We are joining affiliates across the country for a United Day of Hope, raising national recognition about the rising need for mental health advocacy and services. Your donations support our local NAMI Southeast Wisconsin affiliate and all funds raised stay in the Milwaukee, Waukesha, and Jefferson county communities to provide support, education, and advocacy to those affected by a mental health condition at no cost! Our goal is to raise \$250,000 to keep the pace with the rising need for mental health services.



60% of youth with major depression do not receive any mental health treatment.



24% of adults with a mental illness report an unmet need for treatment. This number has not declined since 2011.

19% of Americans live with a mental illness. After COVID-19, 1 in 3 adults report symptoms of depression and anxiety.

1:3

WHAT IS HAPPENING AT EACH LOCATION?

We will have parallel events scheduled at each location including yoga classes, art projects, recommended walk routes, live music, and more!

In person locations:

Picnic Pavilion, Veterans Park: 1010 N. Lincoln Memorial Dr. Milwaukee
Bandshell, Cutler Park: 321 Wisconsin Ave. Waukesha

SEE ALL THE DETAILS CUSTOMIZED FOR EACH LOCATION: WALK ROUTES, ITINERARY, AND MORE!



Be sure to visit us online throughout the day at www.facebook.com/namisoutheastwi.org to tune into our virtual program no matter where you're joining from. You can also share photos, watch videos, and catch us LIVE! Use the hashtags #letskeeppace, #notalone, and #mentalheathmatters.

TELL ME ABOUT THE ART PROJECTS: MURAL & CHALK YOUR WALK

We will have one art project at each of our in person locations. Artistic talent not required! Help us create a painted mural of memories from 9:00 AM to Noon in Veterans Park. When complete, this painted mural will be composited and hung in both of our program offices to share hope with others! In Waukesha, we'll bring back a crowd favorite from last year: Chalk Your Walk. Get your doodle on at our Waukesha program office from 9:00AM to Noon, October 9th and draw pictures or write a motivational message in our parking lot located at 217 Wisconsin Ave. Waukesha, WI. We will be in the parking lot located behind the building off of E. Park Ave!

WHEN CAN I PICK UP MY T-SHIRT AND OTHER EARNED GIFTS?

If you raised \$100 or more and would like to pick-up your t-shirt, simply visit our registration table at either of our in person events. All other earned gifts will be mailed directly to you after event day. Donations will continue to be counted toward incentive gifts up to three weeks after NAMIWalks so keep earning and check your email for details!

HOW CAN I GET MORE INVOLVED WITH NAMI?

Thank you for your interest in supporting our mission to provide hope and help to all affected by mental health conditions in Milwaukee, Waukesha, and Jefferson counties.

MAKE A DONATION



BECOME A MEMBER



KEEP IN TOUCH



HOW DO I USE THESE SQUARE BARCODE THINGS?

These are called QR codes! They make accessing and sharing websites on your smartphone super easy! Open the camera feature of your smartphone and place the QR code in the view (as if you will take a picture of it, but don't take the picture). See the little pop up at the top of your screen? Click that link to be brought to the appropriate page!

TELL ME ALL THAT LEGAL TAX STUFF.

NAMI Southeast Wisconsin is a 501(c)(3) not-for-profit mental health organization, recently merged from NAMI of Waukesha Co. and NAMI Greater Milwaukee. All donations to NAMIWalks Southeast Wisconsin are tax deductible (tax ID 39-1485627). Check and online donations will receive a donation acknowledgement directly through NAMIWalks or NAMI Southeast Wisconsin. Cash donations are acknowledged if reliable contact information is provided. We have an established history in our tri-county community and we're happy to answer any questions. Email Andrea, Associate Director, at agrittner@namisoutheastwi.org with questions or concerns.

WHO CAN I CONTACT WITH COMMENTS OR QUESTIONS?

Sarah Mullaney, Development Manager, NAMI Southeast Wisconsin
smullaney@namisoutheastwi.org | 414-326-3455