

How to Participate

Participating in a NAMIWalk is an easy and rewarding way to show your support, raise awareness, and provide critical funding to help improve the lives of those affected by mental illness. Here's how to get started:

- **REGISTER:** Use the NAMIWalks website to sign up for a walk near you.
- **SET A GOAL:** A clear goal will help you plan your fundraising. Let's say you set a personal goal of \$100.
- **MAKE A PLAN:** Map the steps you'll need to take to reach your goal. For example, you might decide to ask 10 people for \$10, or 5 people for \$20.
- **REACH OUT TO OTHERS:** You can make phone calls, meet to request donations and use tools on the NAMIWalks website to write a letter, email or social media post to friends, family and coworkers asking for support.
- **DOUBLE YOUR DOLLARS:** Ask if your employer has a matching gifts program. You may want to consider asking your donors if their employers will match their gifts.

Be a Team Captain!

If you would like to get more people participating in NAMIWalks, think about becoming a team captain. The following steps can help you get started:

- **GET ORGANIZED:** Identify a local NAMIWalks event, register, then ask friends, neighbors and fellow colleagues to join you in walking.
- **MOTIVATE YOUR TEAM:** Tell your teammates why the NAMIWalks event is important to you and ask them to do the same with their network. Create a team name, design a team logo and think about creating team t-shirts, hats or scarves to create a visual impression.
- **CREATE AN ONLINE HUB:** Build a team and a personal web page via the NAMIWalks website and encourage your teammates to do the same.
- **MAKE A DONATION:** While registering, make a donation to yourself.
- **PROMOTE YOUR TEAM:** Use posters, personal letters, emails and social media tools to build your team and secure donations.
- **GET COMPETITIVE:** Support friendly competition among departments or companies and friends. You may want to offer fun incentives.

For more NAMIWalks online tools, visit: www.namiwalks.org

Walk Information

NAMI Walks are free for walkers, but registration is required to participate.

Date: Sunday, May 5, 2019

Walk will take place rain or shine!

Place: Educational Testing Service, 660 Rosedale Road, Princeton, NJ

Check-in time: 12:00pm

Start time: 1:00pm

Total distance: 5K
Walkers may walk shorter distances.

Ample parking available!

Refreshments, music & fun!

For more information contact:
Christine Bakter, walk@namimercer.org
609-799-8994

NAMIWalks Mercer County Local Sponsors



PerformCARE®

Registration Form

Yes! I'll walk with **NAMI Mercer**
(A separate form is required for each participant)

Name:

Address:

City, State, Zip:

Phone: **Email:**

Adult **Child (under 18)**

NAMI Affiliate/State:

Team name:

Team captain:

Team captains: To ensure accurate crediting of donations to your team's total, we encourage you to fill in the team name and team captain lines on all registration forms and walker donor forms before you distribute them to your walkers. Thank you.

Individual walker Walker on a team

Team captain Walk day volunteer. Please call me.

I cannot attend the walk. I have enclosed my donation in the amount of \$ _____ to support NAMI.

Please send _____ extra brochures

I am a... (Check all that apply)

Individual living with mental illness Family member

Mental health care professional Friend

Each Participant must sign below.

I hereby waive all claims against NAMI, sponsors, or any personnel for any injury that I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event. ____ Yes, I accept the waiver.

Signature:

Parent or Guardian:

(if walker is less than 18 years of age)
Please turn in this walker registration form to your team captain or mail to: NAMI Mercer NJ, 1235 Whitehorse Mercerville Rd, Ste 303, Hamilton, NJ 08619

About Mental Illness

One in 5 Americans, or nearly 60 million people across all racial, ethnic, age, religious and economic groups, face the day-to-day reality of living with a mental health condition. Mental illness affects everyone.

Fifty percent of mental health conditions begin by age 14 and 75 percent of mental health conditions develop by age 24. Yet fewer than one-third of adults and one-half of children with a mental health condition receive services and treatment in a given year. The result of this public health failure is often tragic: Suicide is the second leading cause of death in youth and young adults ages 15 to 24.

Early engagement and support are crucial to improving outcomes and increasing the promise of recovery.

About NAMI

NAMI is the National Alliance on Mental Illness, an association of hundreds of local affiliates, state organizations and volunteers who work in communities nationwide as part of the nation's largest grassroots mental health organization. NAMI offers help and hope, improves lives, takes a stand and educates families and those living with mental illness.

Located in Hamilton, New Jersey, NAMI Mercer NJ is a NAMI State Organization/Affiliate. NAMI Mercer NJ and local NAMI affiliates in communities throughout the state, work together to raise awareness and provide essential education, advocacy and no-charge support group programs for people living with mental illness and their loved ones. NAMI Mercer NJ addresses the mental illness needs of our community, replaces stigma with understanding and helps thousands of families and individuals each year. NAMI Mercer NJ is a 501 (C)(3) grassroots mental health organization.



Support

We reach out and respond to those in need through our HelpLine, website, social media channels and through no-cost support groups for families and individuals.

Education

We get it. We've been there. With the understanding unique to those with lived experience, we provide an array of no-cost education programs.

Awareness

We promote a unified voice on mental illness, aiming to replace ignorance with understanding through NAMIWalks, public presentations, public education and outreach initiatives and more.

Advocacy

NAMI is the voice of reason, advocating tirelessly at the national, state and local levels, promoting common-sense solutions to solve our nation's mental health care crisis and ensure research advances. NAMI members and leaders are visible and formidable, taking on and winning tough battles.

NAMIWalks

NAMIWalks' public, active display of support for people affected by mental health conditions is one important way we are changing how Americans view people with a mental illness. NAMIWalks bring together families, individuals, coworkers and businesses to help raise funds, combat stigma and promote awareness. NAMIWalks is NAMI's largest and most successful mental health awareness and fundraising event. In 2017, 80 NAMIWalks events raised nearly \$11 million to support local programs and initiatives that improve the lives of persons affected by mental illness.

2019 #StigmaFree

Sunday, May 5, 2019

Educational Testing Service
660 Rosedale Road, Princeton, NJ



All proceeds benefit
NAMI Mercer NJ

National Elite Sponsor



National Sponsor



National Lead Sponsor



National Partner

