



## HOW TO PARTICIPATE

### Be a Walker!

It is easy to raise awareness about mental illness and raise funds to improve the lives of those affected by mental illness. All you have to do is:

- ✔ **SET A GOAL:** This very simple thing is the key to successful fundraising. For example, let's say you set a personal goal of \$100.
- ✔ **MEET YOUR GOAL:** It's not hard, just ask 10 people for \$10!
- ✔ **SURPASS YOUR GOAL:** It's as easy as writing a letter or an email to everyone you know and asking them to support your efforts. By using the NAMIWalks website, you could raise hundreds of dollars this way!
- ✔ **DOUBLE YOUR DOLLARS:** Ask if your employer has a matching gifts program. And ask your donors if their employers will match their gifts.

### IT IS EASY TO RAISE \$100

Ask 5 people for \$20 -or- 10 people for \$10

Ask by phone	Ask by mail	Ask by e-mail
Ask by facebook	Ask in person	Just ask!

### Be a Team Captain!

- ✔ **ASK.** Reach out to friends, neighbors and fellow workers to join you in walking.
- ✔ **TALK ABOUT IT.** Tell your teammates why this WALK is important to you and ask them to do the same with their network.
- ✔ **LEAD BY EXAMPLE.** Create a team and a personal web page and encourage your teammates to do the same. Make a donation to yourself and the WALK.
- ✔ **PROMOTE IT.** Use posters, personal letters, emails, and social media tools to build your team and secure donations.
- ✔ **BRAND YOUR TEAM.** Create a team name, design a team t-shirt or some other distinctive clothing accessory to create a visual impression.
- ✔ **ENCOURAGE COMPETITION.** Support friendly competition among departments or companies and friends, plus offer incentives.

Use our online tools at [www.namiwalks.org](http://www.namiwalks.org) to raise hundreds of dollars in a few short minutes!



## WALK INFORMATION

All walkers must register for the walk. There is no walker registration fee.

**Date:** Saturday, May 16, 2015

**Walk will take place rain or shine!**

**Place:** West Shore Park, Inner Harbor, 400-500 Block of Light Street, Baltimore

**Check-in time:** 9:00 am

**Start time:** 10:00 am

**Total distance:** 5K  
*Walkers may walk shorter distances*

**Ample parking available**

**Refreshments, music & fun!**

**For more information contact:**  
Ilisa Oman, Walk Manager  
events@namimd.org  
(410) 884-8691



## REGISTRATION FORM

Yes! I'll walk with NAMI—*Changing Minds One Step at a Time!* (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 credit 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 Maryland, 10630 Little Patuxent Parkway, Suite 475, Columbia, MD 21044

## ABOUT MENTAL ILLNESS

From coast-to-coast and around the globe, mental illness affects everyone. Every year, regardless of race, age, religion or economic status, mental illness impacts the lives of at least 1 in 4 adults and 1 in 10 children across the United States—that is nearly 60 million Americans.

Mental illnesses such as major depression, bipolar disorder and schizophrenia are medical conditions that often disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. People living with mental illness need help and hope; they need a community that supports them, their families and their recovery.

Because mental illness devastates the lives of so many Americans, NAMI works every day to give help and hope.



### Our Promise

NAMI promises to build better lives for the millions of Americans affected by mental illness.

### Our Passion

Because mental illness impacts the lives of at least 1 in 4 adults and 1 in 10 children—or 60 million Americans—NAMI will work every day to save every life.

### Our People

Thousands of supporters of NAMIWalks are the face and voice of the NAMI movement—families, individuals, coworkers and businesses who come together to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to help raise funds, combat stigma and promote awareness.

### Our Work

NAMI stays focused on educating America about mental illness. Hundreds of NAMI Affiliates and volunteer leaders work in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs for people living with mental illness and their loved ones.

### Our Success

NAMI is the largest grassroots mental health organization and is a life saver to many, offering help, hope and information to the millions of people affected by mental illness. NAMI members and leaders are visible and formidable advocates, owning a well-earned reputation for taking on hard battles and winning them, ensuring a national commitment to research as well as access to services and treatment that promote recovery.



**Saturday, May 16, 2015**

**West Shore Park, Inner Harbor  
400-500 Block of Light Street  
Baltimore**

*All proceeds benefit NAMI NAMI Maryland  
Anne Arundel County • Carroll County  
Frederick County • Howard County  
Metropolitan Baltimore  
Montgomery County • Prince George's County  
Southern Maryland*

## ABOUT NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Located in Columbia, Maryland, NAMI Maryland is a NAMI State Organization/Affiliate. NAMI Maryland and local NAMI Affiliates in communities throughout the state, work together to raise awareness and provide essential education, advocacy and support group programs for people living with mental illness and their loved ones. NAMI Maryland addresses the mental illness needs of our community, replaces stigma with understanding and helps thousands of families and individuals each year. NAMI Maryland is a 501 (C)(3) grassroots mental health organization.