



# Step Forward for Mental Health Walk 2017

Saturday, August 12  
Harbor Lawn at Waterfront Park



## Mental Illness Affects All Walks of Life

Mental illness is prevalent and it doesn't discriminate. It doesn't care if you're rich or poor, white or black, young or old – mental illness affects all walks of life. Statistics tell us mental illness affects one in five adults any given year. Whether it's a parent, sibling, co-worker or friend, you know somebody who is living with or impacted by mental illness.

Mental illness is a medical problem – just like diabetes, heart disease and cancer. The good news is that mental illness is treatable. With the right treatment and support, quality of life can dramatically improve for people living with mental illness and their family and friends.

We must end the stigma associated with mental illness and talk about it to ensure that people are getting the help they need. We're asking the community to **Step Forward for Mental Health** and show its support for the thousands of people in Louisville affected by mental illness each year. The NAMI Louisville **Step Forward for Mental Health Walk** – the only annual awareness walk in Louisville focused on mental health, awareness, support and recovery – is Saturday, August 12 at Harbor Lawn at Waterfront Park.

### **Wear Fun Shoes**

We're asking people to set aside their traditional walking shoes and grab their favorite shoes to step forward in for this short walk. People can wear business shoes, casual, dress or just plain fun! The variety of shoes we hope to see will be a visual reminder that mental illness affects all walks of life.

NAMI Louisville wants to fill Harbor Lawn with fabulous footwear, a vibrant show of support to demonstrate this community cares about mental health and supporting people affected by mental illness.

Learn more about the walk and register at [www.namilouisville.org/stepforward](http://www.namilouisville.org/stepforward).