



# Step Forward for Mental Health Walk 2017

Saturday, August 12  
Harbor Lawn at Waterfront Park



## How To Step Forward for Mental Health for Faith-Based Groups

Mental illness affects all walks of life – it simply does not discriminate. With one in five adults directly dealing with mental health issues, your congregation is bound to know somebody who feels alone, scared and worried. You can show them they are not alone and you can make a difference.

NAMI Louisville (National Alliance on Mental Illness) exists to provide education, advocacy and support to loved ones and their families affected by mental illness. We rely on volunteers and private donations to do the work we know helps with support and recovery. Without this help, those affected by mental illness will remain alone in their struggle. NAMI Louisville has provided a program specifically for the faith community called "Faith Net".

### Here's how your faith-based group can help:

**Include an educational article/ad** in your regular newsletter/e-blast. Educate your congregation about mental health and the challenges a mental illness can create for a family. Many people don't know and there is a stigma that often prevents people from talking about it.

**Display/distribute literature** about NAMI Louisville classes/groups. Request Faith Net brochures from us with class times and support group information so your congregation can use us as a free resource.

**Invite an outreach speaker** to educate your congregation. We'd be honored to be a guest speaker about mental health issues, using our "In Our Own Voice" curriculum, and educate your group so they know how to help their fellow parishioners who might be struggling.

**Engage in ministry/mission work** by adopting mental health/illness awareness as your annual cause, through fundraising, volunteerism and mission. Consider starting a **Step Forward for Mental Health Walk** team for the August 12, 2017 walk and naming your team in honor of one of your loved ones who you know is struggling. Show them your support by walking for them.

**Offer a special or second collection** during your weekly service to help fund the free support groups and classes that NAMI Louisville offers weekly in our community. Your funds raised can be leveraged and doubled by contributing them to our Step Forward for Mental Health Walk in our "Walk at Your Own Pace" virtual walking program.

Join the cause. Spread the word. [www.namilouisville.org/stepforward](http://www.namilouisville.org/stepforward)



# Step Forward for Mental Health Walk 2017

Saturday, August 12  
Harbor Lawn at Waterfront Park



**Become a trained facilitator** for NAMI Louisville class offerings. We are always looking for volunteers whose loved ones are affected by mental illness and who can be trained to teach our peer-to-peer support groups and classes.

**Spread the word** to other groups/people you know. Strength is in numbers and the power of prayer goes a long way when people feel alone. Tell others that you know about our free resources to help them during this difficult time.

**Support and like us** on Facebook and tag us in your social media. The more we can let people know about mental health issues, the more people that can be helped.

<https://www.facebook.com/NAMI-Louisville-143976592285757/?fref=ts>