



Step Forward for Mental Health Walk 2017

Saturday, August 12
Harbor Lawn at Waterfront Park



How To Step Forward for Mental Health for Civic 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 students are bound to know somebody who currently 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, partners 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.

Here's how your civic organization can help:

Include an educational article/ad or share NAMI newsletters, along with your regular newsletters/e-blasts.

Display/distribute literature about Depression, PTSD, and Bipolar Disorder, as well as about NAMI Louisville classes/groups.

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

Adopt mental health as your annual cause and weave it into your various activities including meetings, events, volunteer projects and fundraising efforts.

Offer monetary support 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.



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Spread the word to other groups/people you know. Strength is in numbers and the power of positive support 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>

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.