April 30, 2020

May is Mental Health Month!

Please consider joining a NAMIWalks Your Way: National Day of Hope event on May 30th, 2020. Every year, NAMI Texas and our Affiliates celebrate with NAMIWalks events around the state to promote mental health awareness, build community, and raise funds for NAMI education and support programs.

While the coronavirus pandemic will keep us from getting together in-person, select Affiliates are turning their 2020 NAMIWalks into virtual NAMIWalks Your Way events.

We also hope to see you at a NAMIWalks event in the Fall!

Ready to sign up? Click on a virtual event or fall event below listed below to get started.

Sign up for NAMI Walks Your Way Greater Houston: A Virtual Event today!
Sign up for NAMI Walks Your Way North Texas: A Virtual Event today!

What participants are doing on May 30th:

- Walking 3,500 steps for a 5K their way
- Planning a craft day with their kids
- Holding a virtual bake-off with their team
- Practicing self-care with a favorite hobby: yoga, gardening, knitting
- Doing a 5K on the treadmill or stationary bike
- Hosting a virtual paint and sip party
- Take photos and videos and share your activity on a favorite social media with the link to your walk fundraising page and the hashtag #NotAlone and #MentalHealthForAll.

Together we can make May 30th a day to remember - Mental Health for All: A National Day of Hope.

The only limit of NAMIWalks Your Way is the reach of your imagination and the breadth of your compassion. Share your ideas!
Please also consider joining one of these other NAMIWalks events scheduled for later in the year!

- 09/19/2020 NAMIWalks El Paso, Ascarate Park, El Paso, TX
- 09/26/2020 NAMIWalks Central Texas, The Long Center, Austin, TX
- 10/03/2020 NAMIWalks Tarrant County, Trinity River Pavilion, Fort Worth, TX
- 10/03/2020 NAMIWalks Brazos Valley, TBA, TBA, TX
- 10/24/2020 NAMIWalks San Antonio, Morgan's Wonderland, San Antonio, TX

#NotAlone #MentalHealthForAll #MentalHealthMonth #MHM

**Why We Walk**

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<thead>
<tr>
<th>To promote awareness</th>
<th>To raise funds</th>
<th>To build community</th>
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<tbody>
<tr>
<td>of mental health and reduce stigma by sharing stories and walking together</td>
<td>for NAMI's mission of advocacy, education, support and public awareness</td>
<td>and let people know they are not alone</td>
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