

About Mental Illness

1 in 5 Vermonters or nearly 60 million people nationwide across all racial, ethnic, age, and religious and economic groups face the day-to-day reality of living with a mental health condition. Mental illness affects everyone.

50% of mental health conditions start before age 14 and 74% develop by age 24. Yet fewer than one third of adults and less than half of children with a mental health condition receive any services or treatment in a given year. The results of this public health failure are often tragic: suicide is the second leading cause of death in youth and young adults.

Early engagement and support are crucial to improving outcomes and increasing the promise of recovery.

About NAMI

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization, supporting and amplifying the voices of peers and family members living with a mental health condition. NAMI offers help and hope, improves lives, takes a stand, and educates the public about mental health conditions.

Here in Vermont

Located in Williston, the NAMI Vermont State Organization provides workshops, classes, support groups and advocacy for all areas of Vermont through its five local affiliates. NAMI communities in Greater Burlington Area, Southern Vermont, Central Vermont, Rutland and the Northeast Kingdom work together to provide programs and raise awareness about mental health. All of NAMI Vermont's programs are free and open to the public.

NAMI Vermont addresses the needs of our communities, replaces stigma with understanding and helps thousands of individuals and families each year.



Support

We reach out and respond to those in need through our free Connection Recovery Support Groups for Peers, Family Support Groups, referral line, and social media pages.

Education

We get it. We've been there. NAMI Vermont provides public, family, and professional education classes and workshops at no cost that offers the unique perspective of lived experience.

Awareness

We present a unified voice on mental illness, replacing stigma with understanding through our Walk, conferences, and a variety of public education and outreach initiatives.

Advocacy

NAMI Vermont is the voice of reason, advocating tirelessly at the state and local levels to support common-sense solutions to solve our nation's mental health care crisis and ensure research advances. NAMI leaders and members present a strong and formidable force against stigma.



M.I.N.D. Walk

MINDwalk is an active and public demonstration of support for individuals and family members

affected by mental health conditions, sparking conversations about mental health in our communities to change perceptions and educate each other. MINDwalk brings together families, friends, colleagues, and businesses to help raise funds, combat stigma, and promote awareness. We hope you will march with us and send a strong message that mental health care is health care and ensure a strong voice for hope.



Sunday

Sept. 24th, 2017, 1pm

**City Hall Park
Burlington VT**

**We Walk for
Mental Illness Non-Discrimination**

All proceeds benefit



How to Participate

MINDwalk Information

Registration Form

Take a Challenge!

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:

- **Choose a Challenge:** There are five different “ways to Walk” when you register. Select the one that fits your needs!
- **Set a Goal:** This is the key to successful fundraising. For example, you could set a personal goal of raising \$100.
- **Make a Plan:** It’s not hard, just ask 10 people to contribute \$10 to help you reach your goal.
- **Reach Out to Others:** It’s as easy as writing an email or a post on facebook. Make phone calls, talk at parties, and reach as many people as you can. Give them an opportunity to make a difference!
- **Double Your Dollars:** Ask if your employer has a matching gifts program. And ask your donors if their employers will match their gifts.

Be a Team Captain!

If you would like to get more people participating in MINDwalk, create a Team and get started.

- **Create an Online Hub:** Register and decorate your team web presence at www.namivt.org/walk with compelling team messages and images.
- **Motivate Others:** Tell your Teammates why Walking is important to you and ask them to do the same with their network. Celebrate their efforts when they reach out or get donations. Plan a team activity or costume to bring people together.
- **Promote Your Team:** Use email, letters, phone calls, office posters, and personal conversations to build your team and secure donations.
- **Get Competitive:** Promote friendly competition between departments, friends and grassroots non-profit.

All Walkers and Virtual Walkers must register for the Walk through www.namivt.org/walk. Registration, like all of NAMI Vermont’s programs, is free.

Date: Sunday, September 24th

Walk will occur rain or shine!

Location: City Hall Park, Burlington VT

Check-In Time: 1:00pm

Start Time: 1:30pm

Total Distance: 5K (Walkers may choose a shorter route and/or walk at their own pace)

Metered Parking is available as well as free parking (for the first two hours) in the Marketplace Parking Garage.

We will march again with the Sambatucada band!

Refreshments and giveaways to enjoy!

For More Information: Contact Jana at walk@namivt.org or (802)876-7949 x103

Our Sponsors



Brattleboro Retreat
MENTAL HEALTH AND ADDICTION CARE



Northeast Kingdom Human Services, Inc
Lamoille County Mental Health Services
HowardCenter
Northwestern Counseling & Support Services
Merry Meadow Farm
BlueCross BlueShield of Vermont
Clara Martin Center

Yes! I'll Walk with NAMI Vermont!
(a separate form is required for each participant)

Name:

Address:

City State Zip:

Phone: **Are you Under 18? Y/N**

Email:

Team Name:

Team Captain:

Team Captains, in order 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 team. Thank you!

- Individual Walker
- Walker on a Team
- Team Captain
- Volunteer
- I can't walk, but here is a donation of _____ to support NAMI Vermont.

Please send me _____ extra brochures!

I am a (check all that apply)

- Individual Living with Mental Illness
- Mental Health Care Professional
- Family Member
- Friend

I hereby waive any claim against NAMI, sponsors, or personnel for any injury 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.

Signature:

Parent/Guardian:

(if under 18)

**Return completed forms to your Team Captain or NAMI VT
600 Blair Park Road, Suite301, Williston VT 05495**