ENGAGE INDIVIDUALLY:
- **Do a short video** message on what Mental Health for All means to you and post it on social media.
- **Let everyone know why** you’re fundraising and how NAMIWalks impacts you.
- **Use NAMIWalks Signs of Hope** to show why you support Mental Health for All.
- **Entice your donors with a challenge.** Say something like “If I raise $500 today, I will perform a song of your choice on Facebook Live.” Make it fun and silly – remember, humor is healthy!
- **Share a quick video or post a picture** of how you take care of your mental health.
- **Honor who you are walking for** – yourself, your family member, a friend – by posting a picture online. We all have a personal connection to mental illness.

IMPORTANT TIPS:
- Be sure to use the hashtag #NotAlone and your local hashtag (check your local NAMIWalks’ webpage) when posting on social media, so we can share your engagement with others.
- ALWAYS link back to your fundraising page or team page when communicating about the event so people know exactly how to support your NAMIWalks Your Way efforts.

namiwalks.org