



NAMIWalks *Your Day*

Ways to Participate in NAMIWalks Maryland Virtually:

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.
- Make [NAMIWalks Signs of Hope](#) and show why you support Mental Health for All. Post them in your windows on June 1st to share with your neighbors and anyone passing by. Then post photos on your social media. Use the same signs for selfies!
- Entice your donors with a day-of challenge. Say something like "If I raise \$500 today, I will act out 'I'm a little teapot' on Facebook live." Make it fun and silly – remember, humor is healthy!
- How are you mindful today? Share a quick video or post a picture of how you take care of your mental health on June 1st.
- We all have a personal connection to mental illness. Honor who you are walking for – yourself, your family member, a friend – by posting a picture online.

Engage with your Team:

- **Host a Netflix party.** Get a group of your team, friends and family to stream a movie together using the new Netflix party app. Every time the word "walk", "walks", "walking" or "walked" is said in the movie, everyone donates \$1 to your walk team.
- **Hang out with your team.** Use apps like House Party to have a group video call and play games or walk around your neighborhood. Take pictures and share your team spirit with everyone.
- **Show your style and make T-shirts for you and your team members.** Either host the T-shirt party in your home or over an app like Zoom and post pictures to social media linking back to your team page. **Do this on or before event day.**
- **Start a quest for your team.** Have a small prize (a Starbucks gift card, an incentive gift, etc.) for whoever completes the quest first. To complete the quest, your team members must:
 - Personalize their fundraising page
 - Make a self-donation
 - Send an email from their fundraising page to their contacts



nami **Walks** YOUR WAY

- Start a Facebook Fundraiser
- Share their walk participation on social media

Do this on or before event day

- **Host a fun raffle.** Everyone who donates \$35 or more to your team can get entered in a raffle to win a creative gift from you. This could be a song, a poem or a silly dance you record and post online as a thank you to your winning donor.
- **Have an in-home scavenger hunt.** Make a list of everyday objects you and your friends and family might find in their home (e.g. a pink highlighter, wrapping paper, an old teddy bear). If someone doesn't have an item on your list, they can donate \$10 to bypass the item and move on to the next. Whoever gets through the list the quickest gets a special written thank you message, a shout-out on social media or another prize.
- **Set up a virtual competition:** Challenge friends and family to a virtual game like chess, Words with Friends, etc. Anyone who loses against you donates \$35 to your team. Post the progress of each match to your networks and online through social media.
- **Jam out to our NAMIWalks catered playlists** (coming soon!) and connect on the Rave app to party with your teammates and friends. Post pictures of your dance party online and tag your friends.

Important Tips:

- If you are planning to go live on June 1st on your social media of choice, test it out beforehand.

- Be sure to use the hashtags #RocktheWalk2024, #MentalHealthforAll and #NotAlone 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 efforts.

Whatever activity you do, be sure to include the link to your NAMIWalks fundraising or team page!