Register if you haven’t already.

Self Donate to kick-start your fundraising.

Text and Email your fundraising page link to family, friends and co-workers.

Use Social Media to fundraise and hashtag #NotAlone and #MentalHealthForAll.

Decide what you want to do on, and leading up to virtual walk day.

Share Your Story and customize your fundraising page.

Invite Others to join your virtual team.

*Fundraising for NAMI is important now more than ever! Ideas to participate at home on walk day are: Walk 3,500 steps for a 5K your way - Plan a craft day with your kids - Hold a virtual bake-off with your team - Practice self-care with your favorite hobby: yoga, gardening, knitting - Do a 5K on your treadmill or stationary bike - Host a virtual paint and sip party. Use your imagination, have fun and let people know your believe in Mental Health for All.