How to Fundraise for a Virtual Walk

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 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.