



nAMI Walks



FOR IMMEDIATE RELEASE

Franklin County NAMI Walk Invites Community to Join the Movement for Mental Health Awareness

Pickerington, OH - May 14, 2024 - The Franklin County chapter of the National Alliance on Mental Illness (NAMI) is thrilled to invite you to the annual NAMI Walk, an event designed to promote mental health awareness and support. This year's walk, themed "Hope to Inspire, Hope to Impact, Hope to Change," will take place on Saturday, June 8th, at Victory Park in Pickerington, Ohio.

Event Details:

- **Date:** Saturday, June 8th, 2024
- **Time:** 9:00 AM - 1:00 PM
- **Location:** Victory Park, Pickerington, Ohio
- **Theme:** Hope to Inspire, Hope to Impact, Hope to Change

For more information about the NAMI Walk and to register, visit [our website](#)

The NAMI Walk is more than just a walk; it's a day of celebration and community. Participants will enjoy a 2-mile walk through the beautiful Victory Park, symbolizing the collective journey toward better mental health. The event aims to inspire hope, make a meaningful impact, and drive change in how mental health is perceived and addressed in our community.

Highlights of the Event:

- **Food and Refreshments:** Enjoy a variety of delicious food and beverages from local vendors.
- **Fun Activities:** Engage in family-friendly activities, games, and entertainment.
- **Mental Health Service Referrals:** Access resources and referrals for mental health services from reputable providers.
- **Community Support:** Connect with fellow community members, advocates, and mental health professionals.

"We believe that hope is a powerful catalyst for change," said Rachelle Martin, Executive Director of NAMI Franklin County. "Our theme this year reflects our commitment to inspiring hope, making a positive impact, and driving change in mental health awareness and support. We invite everyone to join us in this important cause."

Build a Team and Walk Together:

We encourage participants to build a team and walk together to maximize the impact and fun of the event. Building a team is a great way to show solidarity and support for mental health awareness. Here are a few steps to get started:

1. **Form Your Team:** Gather friends, family, colleagues, or community members who share your passion for mental health advocacy.
2. **Register Your Team:** Visit [our website](#) and sign up as a team. Choose a team name that reflects your spirit and mission.
3. **Recruit Members:** Spread the word through social media, emails, and personal invites to recruit more team members.
4. **Fundraise Together:** Set a fundraising goal and encourage team members to seek donations from their networks. Every dollar raised supports NAMI Franklin County's programs and services.
5. **Prepare for the Walk:** Coordinate with your team for matching outfits, banners, or signs to showcase your unity and enthusiasm on the day of the walk.

"Building a team amplifies the message of hope and solidarity," said Kristin Coleman, Walk Manager for NAMI Franklin County. "It's a powerful way to engage more people in the cause and make a greater impact together."

NAMI Walks are vital in raising awareness about mental health conditions and reducing the stigma associated with them. Funds raised from the event will support NAMI Franklin County's ongoing programs, which provide essential education, advocacy, and support services to individuals affected by mental illness and their families.

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