

NAMIWalks Update

10-2-10

WE CAN DO IT AGAIN!

NAMIWalks Scott County

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NAMIWalk Minute
 Raise Awareness

NAMIWalks 2010

Come on and join us and help make a difference!



Location: Credit Island in Davenport

Date: October 2, 2010

Check-in: 8:30 AM

Website:

<http://www.nami.org/namiwalks/IA/Scott>

YES!! NAMIWalks is COMING and WE NEED YOU!!

Everyone that was part of the VERY SUCCESSFUL 2010 Walk will be the BIGGEST and BEST NAMIWalk ever held in Davenport!



We will again be walking at Credit Island in Davenport. This year the Walk will be held on Saturday, October 2nd. **Remember 10-2-10**

About NAMIWalks

NAMIWalks...Changing Minds One Step at a Time is the key that can open that door for consumer and family advocates.

NAMIWalks is designed to:

* To raise awareness about mental illness

*To increase community education and reach out to new families and individuals living with mental illness

CONNECTING THE COMMUNITY TO NAMI USING THE WALK

The best way to educate your community on mental illness is to begin talking about it at every place you visit.

Some examples of local venues include:

*To support local NAMI affiliates
To build a larger NAMI community

Why We Walk

*Mental illness affects 1 in 4 individuals during their lifetime.

*The pervasive stigma of mental illness prevents individuals from seeking treatment for an average of 10 years.

*Can you imagine if someone with diabetes or heart disease waited that long?

*Mental illnesses are the leading cause of disability in the US for ages 15-44.

*Adults with mental illnesses die 25 years younger than their peers.

*Fifty one percent of unemployed adults have mental health problems.

*We know that people silently suffer alone.

*We know that hope and recovery is possible with medical treatment and family or peer support.

Volunteers Wanted



Please if you would like to volunteer to help out with the 2010 Walk, please email Kelly at

namiwalks@namiscottcounty.org

so he can put you on the list.

NAMI Scott
1706 bradt Street , Suite 101 Davenport, IA.
52803

Banks
Law Offices
Accountant/Tax Preparer/Financial Advisor
Civic Organizations
Professional Groups
Faith Communities
Barber Shop/Hair Salon
Your Employer
Insurance Agency

What should I say?

Tell them who The National Alliance on Mental Illness (NAMI) is, what we do, and why our organization is important to our community and to you. Tell them about NAMIWalks in Scott County and how the NAMIWalks goals are to raise awareness, fight stigma, and increase resources to support NAMI's programs and services. The Walk will take place October 2nd beginning at 8:30 AM at the Credit Island.

While educating, ask if their business or organization would like to become involved. Sponsorships begin at \$250.00 (Kilometer Sponsor) up to \$10,000.00 (Presenting Sponsor). We would like them to Sponsor NAMIWalks and partner with us in the Education, Support, and Advocacy programs of NAMI. Be sure to also mention forming a Walk Team and being able to sign up and donate online. It's as simple as visiting www.nami.org and clicking on "NAMIWalks."

If the person you talk with becomes a Sponsor or has a Walk Team - that is fantastic! But think about it: even if they just say thank you for the information, you have accomplished one of the goals of NAMIWalks. You have educated your community and helped reduce the stigma of mental illness.

If you or your business would like to become a NAMIWalks Sponsor this year, we sincerely thank you for supporting us in our efforts to improve the lives of all those affected by mental illness in our community. Please contact us at namiwalks@namiscottcounty.org.

WHO DO I APPROACH TO BE A NAMIWALK SPONSOR?

Who can I approach?

Any business- especially those that you frequent and have a relationship with. For example: your dry cleaners, grocery store, employer, insurance company, a friend's business, restaurants etc. etc. These are just a few examples!

How do I approach them?

NAMI provides a Sponsor Packet (we have them put together and can provide them to anyone who needs them). The packet contains information about what NAMI is, its programs, and information

about the walk. It outlines the details of sponsorship and what is offered at each level. Sponsorship starts at only \$250! We can also tell them about our own relationship with NAMI and how NAMI serves the community. There are so many people out there who can relate to the issue of mental illness and are willing to support us!

What about my affiliate? Will they receive any money?

Your affiliate will get 50% of the funds you raise. This is one of the easiest ways for your affiliate to raise money! It's a great way to get people involved and even find new members! It's also a great educational tool in your own community!

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