

Dear Friends and Family,

Many of you know that my oldest son, Jonah, has a serious brain disorder that became apparent with the first psychotic break he experienced during his sophomore year up at UC Berkeley. He courageously struggles with his mental illness to this day. My husband Jeffrey and I do our best to support and advocate for him. We have benefited greatly from the tremendous support and education provided by the amazing National Alliance on Mental Illness (NAMI), for which we are so grateful. NAMI came to our rescue in those darkest hours, when we felt as though our world had come to a crashing end, and its volunteer leaders and teachers reintroduced hope into our lives. Most of you know that its mission has dovetailed with my own, and I have become increasingly involved over the years. You can learn more about mental illness by viewing the attachment. If your company is interested in sponsorship opportunities, please share the attached Sponsorship Brochure and I'd be happy to discuss this (I also am Walk Manager and my email for this is shelley@namilacc.org).

I will participate in the NAMIWalk 5K on Saturday, October 3 at Grand Park and I ask you to sponsor me in this most important cause. You can donate by clicking <http://namiwalks.nami.org/shelleyhoffman2015>. I also welcome you to join my team by clicking <http://namiwalks.nami.org/walkthewalkwithshelley>.

NAMI offers all of its services to individuals and families in need completely free of charge, and has been recognized locally and nationally as the preeminent resource for educating and advocating for people living with mental health conditions and their families. NAMI enjoys the highest ranking among charitable, non-profit organizations for its effectiveness and low administrative overhead. Major public and private mental health organizations -- including Los Angeles County -- have turned to NAMI to train its professional staff. In fact, in fact, NAMI is in the midst of training law enforcement about our experience, with the goal of letting them know more successful tactics in de-escalation and understanding how best to interact with someone who has a mental illness. The feedback has been very encouraging.

Any donation you feel comfortable with would mean a lot to me. In addition, if you know anyone who has a friend or family member dealing with the issue of mental illness, let them know about [NAMI](#). I don't know how I and my own family would have coped without NAMI's presence, and want to make sure others have the same resource to help them, when in need.

If you have any questions, or are interested in participating (or know someone who might be), please let me know.

Many thanks.

Warm regards,
Shelley

