



National Alliance on Mental Illness

NAMIWalks _____
Date, Time, Location

Share Your Story Worksheet

Sharing stories of hope, support or recovery is what the NAMIWalks program is all about. Use the worksheet below to begin crafting your story to share with family, friends, colleagues, neighbors and social media contacts.

I am walking: _____
(for a person, in memory of a loved one, to raise awareness, to reduce stigma, etc.)

Because: _____
(you or someone you love is living successfully in recovery, reducing stigma leads to better outcomes, etc.)

NAMI is important to me because:

(been a source of support for you personally, helped your family, encouraged you to find your voice, collaborated with your organization, etc.)

Now what? Share your story on the NAMIWalks website, on social media, via email, and in a letter sent to family and friends (include a return envelope).