START a CHANGE with a single STEP

10,000 step challenge

Mental Health Awareness Month, May 2017

National Alliance on Mental Illness
Montgomery County
NAMI MC is asking you to make a change by taking 10,000 steps a day for the **entire month of May** which is Mental Health Awareness Month. Tell us why you walk and set up an individual donor page or create a team.

Why 10,000 steps? Taking more than 10,000 steps a day is associated with better mental and physical health\(^1\)\(^–\)\(^3\). Studies show that people who walk at least 10,000 steps a day have lower anxiety, depression, anger, and fatigue\(^3\). Commit to fighting mental illness by promoting mental health and take the NAMI MC 10,000 step challenge!

### About NAMI MC

The National Alliance on Mental Illness of Montgomery County, MD (NAMI MC) envisions a community where all persons affected by mental illness experience resiliency, recovery, acceptance, and wellness. Since 1978 NAMI MC has been working to make that vision a reality by providing comprehensive support, education, advocacy, and public awareness to promote recovery and so that all individuals and families affected by mental illness can build better lives.

NAMI MC stands apart from other mental health nonprofits in that all of their free programs are based on the "lived experience." This means that all programs are led by trained volunteers who have "lived experience" whether it be by living with a mental illness and in recovery themselves or they are a family member, friend, or caregiver of someone living with a mental illness. Trained volunteers facilitate a diverse array of classes and support groups in which participants can learn more about mental illness and gain support during the difficult road to recovery. Volunteers also promote access to treatment and hope by sharing their stories of recovery through presentations to a variety of audiences including high school classrooms, teachers, jails, police officer CIT trainings, inpatient psychiatric hospital units, community emergency shelters, professional places of work, nursing students, and more.

With 5 staff members, 332 trained volunteers, and $460,000 NAMI MC was able to educate and support 18,192 people last year in our community affected by mental illness.
YOU CAN
stop the stigma surrounding mental illness
stop suicide
make a change with a single step

Sponsorship Opportunities

There are numerous ways corporations and organizations can partner with NAMI MC to help build better lives for families and individuals in Montgomery County affected by mental illness.

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Other Ways to Partner

Special sponsorship recognition is also available for major donors of goods and services. Donations can be made to motivate program participants by rewarding them for walking and reaching milestones. Recognition is determined by the cash value of items and services donated.

Sponsorship Form

Yes! We are proud to support the 2017 NAMI MC 10,000 step challenge. We authorize NAMI MC to include our name and/or logo on all the materials printed for the event consistent with our sponsorship selection below.

- [ ] Diamond  $10,000
- [ ] Platinum  $5,000
- [ ] Gold  $2,500
- [ ] Silver  $1,000
- [ ] Bronze  $500

Creative Sponsorship

Description of in-kind donation to motivate walkers and/or donors:

___________________________________________________________________________________
Value: ____________________

Company name: ____________________________________________________________
Contact name: ______________________________________________________________
Address: _________________________________________________________________
City: __________________________ State: __________ Zip: __________________
Phone: ___________________ Email: __________________________ Website: ________

For guaranteed inclusion of name/logo on printed materials, return form by April 14, 2017.

- [ ] Check enclosed (please make payable to NAMI Montgomery County)
- [ ] Credit card payments accepted online at www.namimc.org/StepChallenge or by calling 301-949-5852

For your records, our Tax ID is 52-1150412. Please forward logo or any questions to info@namimc.org or call 301-949-5852

PLEASE MAIL COMPLETED FORMS AND CHECKS TO: NAMI Montgomery County 11718 Parklawn Dr Rockville, MD 20852.

NAMI Montgomery County
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info@namimc.org
Tax ID 52-1150412