



***Sunday, September 23rd, 2018
Spring Point Ledge Lighthouse***

Signs of Hope and Healing

Hand-made Signs of Hope & Healing, containing messages of love, hope and inspiration, will line the start of the Bug Light walk path. Filled with images and messages of those who are living with and surviving mental illness today, as well as those who have passed, the signs are an important reminder to all of what the NAMI Walk is about – showing support for those whose lives have been touched by mental health and suicide. If you would like to submit a Sign of Hope & Healing to honor your loved one, co-worker, employee, or neighbor, please read the below Instructions and complete the Submission Form on page 3.

Submission Instructions:

Personalized Signs of Hope & Healing must be created on 20" x 24" or 14" X 18" white corrugated plastic signs with metal mounting bracket. These can be purchased for approximately \$6.00 at a home supply store. **We cannot accept Signs of Hope & Healing of alternate sizes or without mounting brackets for placement.** Signs of Hope & Healing can be personalized using any materials such as acrylic or poster board paint, scrapbooking materials, magic markers, photographs of loved ones, etc. Please remember that autumn weather in Maine can range from sunny and dry to wet and windy; therefore, you may wish to take steps to waterproof and weatherproof your sign, such as laminating, covering with clear tape or spraying with a clear sealant.

Before placing your loved one/employee/friend's name or photograph on the Sign of Hope & Healing, we encourage you to obtain permission from them, or from their family, if the person is deceased. While most people will be touched and

honored by your gesture, there may be others who do not wish to “go public” with their story.

Very important: On the back of the sign, please use a permanent marker to legibly print your name. This will allow us to track placement and identify the owner of the signs.

Please complete page 3 of this form and include it along with your Sign and mounting bracket. There are a couple of ways you can get the signs to us:

1. Place your sign in an appropriate mailing envelope and send to:

NAMI Maine

Attn: NAMI Maine Walk

1 Bangor Street

Augusta, ME 04330

NOTE: Mailed Signs of Hope & Healing must be received no later than Monday, 09/17/18

2. Drop it off at our office by *Monday, September 17th*. Office hours are Monday through Friday, 8:00 am – 4:30 pm.

Though we will do our best, we cannot guarantee that your Sign of Hope & Healing will not be damaged or lost. If you wish to retrieve your Sign of Hope & Healing following the event, please let us know.

Questions? Please call 1-207-622-5767 ext. 2308 or events@namimaine.org.

Signs of Hope & Healing Submission Form

Name: _____

Mailing Address: _____

Telephone Number (with area code): _____

Email Address: _____

I am submitting this Sign of Hope & Healing in honor of/in memory of the following person or persons: (please print)

My signature below indicates that I have read and understand the submission instructions and guidelines. I have asked permission from the person/s that I am honoring (or from their family, if person/s are deceased) in order to use their name and likeness on the Sign of Hope & Healing, which will be viewed by the public both at the event itself and possibly in web, print, or television media. Further, I grant permission to NAMI Maine to use photographs, videotapes or other records of my Sign of Hope & Healing for the purposes of future publicity. I understand that there is no guarantee that my Sign of Hope & Healing will not be damaged or lost.

Signature _____

Date: ____/____/____

(Parent or Legal Guardian signature if under 18)