

NAMI MAINE WALK

WHY DONATE?

SUNDAY SEPTEMBER 23RD, 2018 • 9:00 AM
SPRING POINT LEDGE LIGHTHOUSE
SOUTH PORTLAND, ME

Support a Loved One

25



Your \$25 donation will provide materials for a family member struggling to support a loved one with mental health challenges attending NAMI's Family-to-Family

Reduce Stigma

60



Your \$60 donation will give someone the opportunity to attend a Mental Health First Aid training and help them understand and respond to signs of mental illness and substance use disorder to support timely intervention and save a life

Build Skills for Recovery

100



Your \$100 donation will allow someone living with mental health challenges to attend Inspiring Minds, a peer recovery education course based on personal and interpersonal skill building

Raise Awareness in Communities

500



Your \$500 donation will provide an education and awareness event for a Maine community. Members of our Speakers Bureau will share their stories of recovery to provide the community with a shared understanding of mental health, mental illness, and suicide prevention and loss