



NAMI Walks



Team Up

Mental Health for All

Now is the ideal time to partner with NAMIWalks and become part of a powerful, life-changing movement.

Form a NAMIWalks Corporate Team in the way only you and your colleagues can do. What makes your company unique is the same energy that will move us toward our goal of Mental Health for All.

Your team's participation will help us:



To promote awareness of mental health and reduce stigma



To raise funds for NAMI's free, top-rated mental health programs



To build community and let people know they are not alone

Become a NAMIWalks Corporate Team

Team up and show the community your support of NAMIWalks! To learn more about our event, contact

We can't wait to be inspired by you.

About NAMIWalks:

NAMIWalks is the largest, most vibrant mental health event series in the county. It is presented by NAMI, the National Alliance on Mental Illness. Taking place in more than 120 locations, NAMIWalks invites participants to share their stories, build community and walk together to achieve Mental Health for All.

Take A Step Towards Mental Health For All

There is no better time to join NAMIWalks! Over the past year alone, NAMIWalks has surged to new levels of popularity and impact, leading NAMI to be recognized as the Peer-to-Peer Fundraising Organization of the Year!

It's a movement, and it's our moment. Walk with us to magnify mental health awareness, build our evergrowing NAMI community, and continue to raise essential funds for free, top-rated programs. Together, let's take a giant step closer to Mental Health for All!

Strengthen Your Company.

Become a NAMIWalks Corporate Team to:

- Promote team building among your staff.
- Grow employee engagement which can lead to higher employee retention and productivity.
- Refine your leadership skills as you inspire one another to raise funds.
- Create a positive presence attracting potential employees, customers and partners.
- Show support for the 1 in 5 individuals in your organization impacted by mental health conditions.

Join The Growing Movement.

Participating companies and organizations should:

- Secure executive support: lead by example!
- Identify a motivated internal champion to coordinate the Corporate Team experience.
- Commit to setting a goal of participants and funds raised for NAMIWalks.
- Host a Rally to recruit your team and share why your company is participating.

“Together For Mental Health” Begins Here.

It's easy to get involved:

- Invite employees to join your team: Registration is easy!
 - Use our resources to guide your team's fundraising and recruitment effort.
- Expand your team by including friends, family and other community members.
- Fundraise with your teammates to reach your goal.
- Sponsor NAMIWalks events to gain additional recognition.

Register your team today at

Mental Health Affects Us at Home and at Work



1 in 5

U.S. adults experienced mental illness in 2020 (52.9 million people)



52%

of adults say they have been more open with others about their mental health*



32 hours

is the average amount of time that caregivers spend per week providing unpaid care

*NAMI's 2021 Mood Disorder Survey