



Share your enthusiasm of “Mental Health for All” with everyone in your network. Use the templates below to send emails, texts or private messages. Post your participation on social media. Remember, it often takes several asks to get a donation!

Sample NAMIWalks Participant Messages

[Recruitment Email: Ask a Friend to Join Your Team](#)

[Fundraising Email #1: Share Your Story](#)

[Fundraising Email #2: Mental Health Cannot Wait](#)

[Fundraising Email #3: Ask a Friend to Support You](#)

[Social Media Images](#)

[Social Media Posts](#)

[Social Media Signs of Hope](#)

[Social Media Video Prompts](#)

[Where to Find your Fundraising and Team Page Links](#)