Want to Join or Create a NAMI Walks Team? 
Read On!

You have three main options:

1. Join the NAMI Seattle Team as a Participant.

2. Be a Team Captain – Create your own team – and walk for NAMI Seattle.

3. Walk” on your own for NAMI Seattle.
For Option 1, Go to the NAMI Seattle Team Page and Click “Join Our Team”

NAMI Seattle will automatically populate as your team. Choose your “Participant type” to “am Member” by clicking “change”.

For Options 2 or 3, Register at [NAMIWalks WA Registration]

- You will be prompted to create an account then “Continue to next step”
- Choose Your Registration/Participant Type – “Team Captain” or “Walker, Not a Team”
# Registration Type

**Team Captain (Walk Star)**
Form a NAMIWalks team and lead them to success! Be not only a Team Captain but also a WALK STAR—aiming to raise at least $1,000 personally. Do so and receive our coveted Walk Star pin and other special recognition on Walk Day!

**Team Captain**
Team captains lead them to success! A NAMIWalks team can be 2 to 200+ members strong, and consist of friends, family, coworkers, neighbors, etc. You can fundraise separately and as a group and celebrate together on walk day with the NAMI community.

**Walker, Not on a Team**
Be a NAMIWalks participant, and make a difference for those affected by mental illness in your community!

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### Choose your role – Individual, Join a team or Create a team!
If you choose to create a team, choose the team type that best fits you or your group:

- Agency Team
- Alpha Kappa Alpha Team
- Community Team
- Company Team
- Corporate Team
- Family & Friends Team
- Hospital Team

Select your Team Name + Fundraising Goal
The next page will ask you a few additional questions concerning your connection with NAMI and which affiliate you are walking for.

**Make sure to select NAMI Seattle!!**

Which best describes your connection to NAMI?

- [Select...]

Raise $100+ and receive a t-shirt on walk day. T-shirts are first come first served. What is your size?

- [Select...]

Which NAMI affiliate are you walking in support of?

- [Select...]
  - NAMI Washington
  - NAMI Chelan/Douglas
  - NAMI Clallam
  - NAMI Eastside
  - NAMI Jefferson
  - NAMI Kitsap
  - NAMI Lewis
  - NAMI Pierce
  - **NAMI Seattle**
  - NAMI Skagit
  - NAMI Snohomish
  - NAMI South King County
  - NAMI Spokane
  - NAMI Thurston / Mason
  - NAMI Tri-Cities
  - NAMI Walla Walla
  - NAMI Whatcom
  - NAMI Yakima
  - NAMI Southwest Washington

Would you also like to be a Walk Day Volunteer?

- [Select...]

How did you hear about us?

- [Select...]

What is your birth year?

- [Select...]
If you already have individuals that want to join your team, you can add them right away!
There will be a button at the bottom that will prompt you to do so.
You will then be directed to a page that looks like this:

<table>
<thead>
<tr>
<th>Name</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Use my address for this participant</td>
<td></td>
</tr>
<tr>
<td>Relationship to You*</td>
<td>[Select...]</td>
</tr>
<tr>
<td>I will manage this participant's fundraising page and receive email about their fundraising progress.</td>
<td></td>
</tr>
<tr>
<td>Participant Type*</td>
<td>Team Member</td>
</tr>
<tr>
<td>Team</td>
<td>NAMI Seattle</td>
</tr>
</tbody>
</table>

Then Submit! You will receive a Thank you and a prompt to customize your page! Rest easy, there are templates to help!

**Thank You!**

Thank you, NAMI!

You are registered as a TEAM CAPTAIN for NAMIWalks Your Way Washington.

The funds that you and your team raise will help us continue to provide valuable services to people who live with mental health challenges in your community. **Remember, it's easy to be a $1000 team.** If you recruit 9 people to join you, and you each raise $100 (and earn a NAMIWalks T-shirt on walk day), you'll have raised $1000 for NAMIWalks Your Way Washington. It's that simple!
Time to get creative – Customize your Page!

Add your picture!

Tell your story!
Not sure what to write? Relax, NAMI has you covered.
The site automatically provides text about the campaign and NAMI. You can use it as is, make adjustments, or write your own! It’s totally up to you!
***This space is also where you can share what YOU will be doing for your “walk”!

Want to share video?
Connect to YouTube!

How to Add a Video To YouTube
First, load a video to your YouTube Channel:
If you have a Gmail account, you have a YouTube account. Simply log into your Gmail account and then click on the dotted square to access other google services

Then click on your icon
Click on “Your Channel”
Click on the video camera icon and choose: 
Upload Video

Once it’s uploaded, click on "Share"

Copy the link provided at the bottom.
Back to your NAMI Walks Page
Click on “Add Stream”

Stream your fundraising
Add your stream from YouTube or Twitch to take your fundraising to the next level!

Paste the link copied from YouTube into the “YouTube URL” box and click “Add Stream.”
Here you can add URLs to one video on your YouTube account.

Please note.
This option is technically for live streaming and you can most certainly use it for that purpose!
Click on their “quick guide” on the right of the page to learn more.

That’s it! Your page is live and ready to go!
The site will provide a custom link – which you may adjust if desired.
From there you can share the link via email, text, or click on a Social Media icon to easily share on one of your favorite platforms!
CONGRATULATIONS!!!!

YOU ARE NOW A PARTICIPANT OF NAMI WALKS!

Thank you for your support and HAVE FUN!!!!