Register if you haven’t already.

Self Donate to kick-start your fundraising.

Text and Email your fundraising page link to family, friends and co-workers.

Use Social Media to fundraise and hashtag #NotAlone and #MentalHealthForAll.

Decide what you want to do on, and leading up to virtual walk day.

Share Your Story and customize your fundraising page.

Invite Others to join your virtual team.

How to Fundraise for a Virtual Walk

NAMIWalks Washington

NAMIWalks Seattle

*Fundraising for NAMI is important now more than ever! Ideas to participate at home on walk day are: Walk 3,500 steps for a 5K your way - Plan a craft day with your kids - Hold a virtual bake-off with your team - Practice self-care with your favorite hobby: yoga, gardening, knitting - Do a 5K on your treadmill or stationary bike - Host a virtual paint and sip party. Use your imagination, have fun and let people know your believe in Mental Health for All.