NAMIWalks Virginia YOUR WAY

MENTAL HEALTH for all

October 8th, 2022 • • •   The Diamond,
3001 N Arthur Ashe Blvd,
Richmond, VA 23230

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Mental health matters.

At **NAMI (The National Alliance on Mental Illness) Virginia**, we know this is true. The events of the last few years have challenged many of us, and these challenges have taught us that **mental health is a necessity, not a luxury**. Now, more than ever, Virginians must continue to tirelessly advocate for the mental health services and support needed.

We provide **free support groups, advocacy initiatives, educational courses, workshops, Helpline support** and **curated mental health resource lists** to Virginians with mental illness and their families.

Our services would not be possible without our yearly NAMIWalks Event, and we need support from folks far and wide in order to make our event a success.

That's where you come in.

- **Raising awareness**
- **Raising funds**
- **Finding community**
- **Finding NAMI**

Join us for the largest mental health fundraising walk in Virginia!

To learn more and register, scan the QR Code or visit:

www.namiwalks.org/virginia

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