



PRESS RELEASE

For additional information

Contact: Susan Eisenhauer

NAMIWalks NJ Manager

Phone Number: (732) 940-0991 ext.116

Email: seisenhauer@naminj.org

FOR IMMEDIATE RELEASE

New Jersey Local Mental Health Walk Becomes Virtual Event: NAMIWalks 5K becomes NAMIWalks Your Way

North Brunswick, NJ—September 9, 2020—Every year, the National Alliance on Mental Illness of New Jersey (NAMI NJ) brings together over a thousand people across the state to raise mental health awareness and funds through NAMIWalks NJ. NAMI NJ is part of the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. This year NAMIWalks is “going virtual.” On **Saturday, September 26, 2020**, NAMI NJ will hold *NAMIWalks Your Way*.



Instead of walking a 5K together at the Seaside Park boardwalk, participants will choose an activity of their choice and join virtually with mental health advocates from across the state. Many participants still plan to walk, using their treadmill or going outside in the backyard or through a local park—all while taking precautions to stay safe. Others plan to hula-hoop, flip pancakes, practice yoga or do another activity they enjoy. They will share their activities on social media and follow NAMI NJ’s program on Zoom and on NAMI NJ’s Facebook page that includes mental health facts, participant activities and local entertainment.

One in five adults experience mental illness, but it touches five in five people either directly or indirectly. Now more than ever, our communities need to come together to raise awareness and let people know they are not alone.

To join NAMIWalks Your Way, visit namiwalks.org/newjersey. There is no registration fee, but fundraising is encouraged. Funds raised support free local mental health programs and services provided by NAMI NJ and its local county-based affiliates.

This year we have already seen an increased demand for mental health services. Our walk slogan “mental health for all” has never been truer.

NAMI NJ, founded in 1985, is a statewide non-profit organization dedicated to improving the lives of individuals and families who are affected by mental illness through programs of support, education and advocacy. Visit us at www.naminj.org.

###