



**NAMIWalks Your Way Fresno
May 30th, 2020**

Share Your Story Worksheet

Sharing stories of hope, support or recovery is what the NAMIWalks program is all about. Use the worksheet below to begin crafting your story to share with family, friends, colleagues, neighbors and social media contacts.

I am virtually walking: _____
(for a person, in memory of a loved one, to raise awareness, to reduce stigma, etc.)

Because: _____
(you or someone you love is living successfully in recovery, reducing stigma leads to better outcomes, etc.)

NAMI is important to me because:

(been a source of support for you personally, helped your family, encouraged you to find your voice, collaborated with your organization, etc.)

Share your story with NAMIWalks Fresno social media or to namiwalks@namifresno.org for us to share, on your social media (remember to use #NotAlone #MentalHealthForAll or #NAMIWalksFresno), through email, or in a letter sent to family and friends.