



SHARE YOUR STORY

Are you ready to share your mental health story on social media? Choose a prompt below. Use your smartphone to video your response and then post it on your favorite social platform. Or practice and go Live on Facebook, TikTok or Instagram. Some things to remember:

- Keep your video to 30 or 60 seconds
- Practice, practice, practice!
- Tag #NotAlone and #MentalHealthForAll
- Include a link to your walk fundraising page

Video Prompts (choose one to get you started)

1. What does **Mental Health for All** mean to you?
2. What are you doing for **NAMIWalks Your Way**?
3. **My Name Is:**

- My name is _____ and I have [an anxiety disorder]. I'm participating in NAMIWalks because_____.
- My name is _____ and I am participating in NAMIWalks in [support/memory] of _____.
- My name is _____and I'm participating in NAMIWalks because_____.

[Click here](#) for tips on how to use social media to support your NAMIWalks Your Way fundraising and awareness boosting efforts.