

Q: WHAT IS NAMIWALKS NH?

NAMIWalks New Hampshire is the Granite State's largest mental health awareness and suicide prevention event. Every fall, thousands of Granite Staters lace up their sneakers and walk together through the city of Concord to stomp out the stigma and unite under the rallying call: Mental Health for All!



Q. WHAT DO THE FUNDS RAISED FROM NAMIWALKS NEW HAMPSHIRE SUPPORT?

All the funds raised from NAMIWalks New Hampshire stay right here in the Granite State, helping NAMI NH continue to provide free support, education and advocacy to those affected by mental illness and suicide.

Q. HOW MUCH DOES IT COST TO REGISTER FOR NAMIWALKS NEW HAMPSHIRE?

Registering for NAMIWalks New Hampshire is free! There is no registration fee or fundraising minimums. As New Hampshire's largest mental health awareness and suicide prevention event, we want to remove any and all barriers for participation.



Q: HOW LONG IS THE WALK ROUTE?

The Walk is a 5k loop through the city of Concord, beginning at the soccer fields on South Fruit Street, walking downtown, past the State House, through the NH Hospital grounds and ending back on the field. Maps are available on Walk Day, as well as signs along the route. A shorter route of approximately one mile is available for anyone who wants or needs it! Folks for whom walking isn't an option are welcome to remain at the field.



Q. WHAT HAPPENS IF IT RAINS?

We are so passionate about mental health awareness and suicide prevention that rain won't hold us back. We'll be at the Soccer Fields on S Fruit Street, rain or shine and hope to see you there, too! Ponchos will be provided, so if it rains on Walk Day, put on your rain boots, bring an umbrella—and help us raise funds and awareness for NAMI New Hampshire's mission!



Q. WHAT ARE THE DIFFERENT REGISTRATION TYPES?

- A **TEAM CAPTAIN** gathers a group of people who wish to walk together. A team can be as small as two people and as big as 200+. When selecting this option, you will be prompted to enter a team name and team fundraising goal.
- **TEAM MEMBERS** join a team, and advocate and fundraise together! When selecting this option, you will be prompted to choose a team.
- **INDIVIDUAL PARTICIPANTS** advocate and fundraise for mental health awareness and suicide prevention on their own!
- Can't make it to the Walk? That's ok! **VIRTUAL PARTICIPANTS** don't physically attend the Walk, but still advocate and fundraise!



Q: IS THE WALK DOG FRIENDLY?

Yes! Well behaved dogs are welcome at NAMIWalks NH! We also host a virtual pet costume contest as a part of the Walk, so send your pics of your costumed pet to bporter@naminh.org!



Q: I WANT TO HELP! ARE THERE VOLUNTEER OPPORTUNITIES?

NAMIWalks NH is a big event that requires many folks to make it happen! If you're interested in helping plan the Walk, join our Walk Committee! We meet monthly on Zoom. On Walk Day, we need volunteers to assist with a variety of tasks, including set up, break down, handing out t-shirts, handing out refreshments, assisting with parking and more! Reach out to our Walk Manager, Brittany Porter at bporter@naminh.org for more information.

Q: HOW DO I EARN A T-SHIRT?

Everyone who individually raises \$100 or more will get a NAMIWalks NH t-shirt! But that's not all! Our top fundraisers, those who raise \$500 or more, will be able to choose an item from our Recognition Program!

Q: DO VIRTUAL PARTICIPANTS HAVE TO WALK ON OCTOBER 6TH?

Virtual participants can walk anytime anywhere (they don't even need to actually walk)! The beauty of being a virtual participant is making the event your own. You can run, bike, practice yoga, bake, knit and more! All while raising awareness and funds for NAMI NH! Just be sure to tag your pictures using the hashtag #StigmaFreeInThe603 and send them to us at bporter@NAMINH.org so we can share your amazing efforts to raise awareness and crush stigma!

Q: WHAT IS THE KIDZONE?

The NAMIWalks NH KidZone is a place for our youngest Walkers to have fun! We have a bounce house, puppet show, face painting and more, staffed by NAMI NH's Children's Department. Please swing by and say hi!

Q: WHAT HAPPENS AFTER THE WALK? CAN I STICK AROUND?

Please do! When you return, you can grab some refreshments available in our snack tent and then head over to where we have provided seating. Or bring a blanket or camp chairs, and have a picnic. So sit back, relax and join friends old and new, as we celebrate yet another successful NAMIWalks New Hampshire!