

Strides Against Stigma Virtual NAMI Event 2020

This has been a tough year for all of us.

Now, more than ever, we need to know that someone cares. Not only are many of us working through the changes this Fall has brought on, but add to that puzzle...unending negative thoughts, feelings of deep anxiety—a kaleidoscope of mental health concerns. Perhaps we try to reach out with a quick call, only to be quickly turned off by the sound of the person's voice—how they reacted to you when you said that you had a mental health concern.

That is **STIGMA!** – *a strong feeling or look of disapproval or words that are negative or derogatory to someone because of something about that person and/or their situation.*

[Champaign NAMI \(National Alliance for Mental Illness\)](#) is taking strong Strides against the STIGMA surrounding mental health.

Our mission is to provide education, support and advocacy, to improve the quality of life to all individuals living in our community who are affected by mental illness. Many of our members have either benefitted themselves from our NAMI classes and resources or have a family member that need our support.

That is why we are hosting this Virtual Walk----***We want change. We want REAL CHANGE.***

One of the many famous quotes by the late Supreme Court Justice & women's advocate, Ruth Bader Ginsburg is ““Real change, enduring change, happens one step at a time.”

Our GOAL for these next few weeks is to raise awareness—raise change, to end the stigma that surrounds mental health and to raise the funds necessary to support our education, advocacy and program expansion throughout Champaign County.

Just like many organizations, right now we have had to change our In-person funding events to Virtual fundraisers. Other funding, that may have been received in the past, has been very limited this year for non-profit organizations--which is why we are asking for your help.

We want YOU to join us in showing others why stopping Stigma is important to you! Though we are going to do this virtually, you can still connect, celebrate, donate with our online fundraiser and make a difference no matter where you are!



“What do I do?” “How does this work?”

*** **Behind the Scenes: What does a “Virtual Walk/Event” mean?** It means you CAN walk around your own place, block or nearby park OR because we are also focusing on our mental health during this time, we want you to do activities that keep you motivated, that give you more inner energy and mental strength.

1) First of all, **thank you for reading through this and becoming a part of our taking “Strides Against Stigma” Weeks!** We need you to keep *the Ripple effect* going by sharing what you learn with someone else!

2) If you are not there already, go online to our [Champaign NAMI website](#) for our event info
[“Strides Against Stigma” Virtual Walk Event 2020](#)
to see what is going on Sept. 29-Oct 10th!

3) Cost to register for the Virtual Walk = *Free!*
Cost to be a part of making
Strides against Mental Health Stigma = *Priceless!*

- Instead of a registration fee for our Event, we are using:
[#Strides Against Stigma fundraiser](#) as one way to show our support for change!

- We have an awesome Logo for this year (see picture) that has been a combined effort from our collegiate students and volunteers.

- Although we won't be altogether, we WILL be together in spirit by wearing this neon green Mental Health Awareness ribbon with our Walk logo:
#Strides Against Stigma on our Virtual Walk Event shirts!

- 4) Because we know that there are 'different strokes for different folks'-- we've decided to include a **selection of 6 shirts:** Short sleeve t-shirts (men's & women's styles AND A men's TALL shirt), hoodies, raglan sleeve tees and long sleeve tees. **With 6 different looks, there's sure to be a style to please everyone in your family!**



- We're also honoring the fact that it's been 30 years since Congress established the first week of October as Mental Health Awareness Week as a way to recognize and continue the advocacy work that NAMI has done.

5) So, the key is: are 2 different options that you have with the six styles: #1) **Shirt(s) WITH this HISTORIC YEAR** on them (that is a 'campaign' itself) and the **next group of 6 shirts--same color, same style--will be printed WITHOUT the year** (We know that some of you would prefer that this year move along quickly!) (That is Campaign #2).

- Besides the two types of shirts' groups in our Collection, **we have a variety of other useful items** with a striking green Mental Health Awareness ribbon. There is **a hot-cold insulated green Tumbler**--perfect for a cold drink on these changing weather days or to have your hot chocolate ready as you sit around a Fall campfire. Maybe not a stocking stuffer, but it would be a great gift for someone you want to say "Thank you". Or what about sharp-looking **graphite grey Messenger Bag** to carry your sweatshirt in case you get cold on your walk or heading to your Family-to-Family Support Group meeting (along with your mask in your bag:)

6) The advantage for this fundraiser is that it allows you the opportunity to choose to buy any **fundraising item(s)** OR **make a donation*** OR a combination of **a fundraiser item + donation***

7) And we have an added perk to your donation!

* **NOTE:** Any donation of \$5 or more would include a basic ("Open Door") Membership for Champaign NAMI. **\$5 includes = \$2 NAMI Champaign + \$2 to our State NAMI and \$1 to Nationals.** Therefore, anything more than the Basic \$5 Membership will go solely to support our NAMI Champaign County affiliate toward mental health awareness & support.

8) So now you have the info! Here's the overall Fundraising Collection webpage!
[Strides Against Stigma Virtual Walk Event Fundraiser for NAMI Champaign](#)

Fundraising Ideas...

We walk to raise awareness, to end the stigma that surrounds mental health, and to raise the funds necessary to support our education and support program expansion throughout Champaign County.

- Purchase a shirt, hoodie or any other **Strides Against Stigma** merchandise through the [Fundraising Link](#)
- Give a separate donation while browsing through our Fundraiser products. Any donation amount of \$5 or more goes toward a Basic membership.
- Honor a friend or family member through a donation to **Champaign NAMI by sending a check to: PO Box 3552, Champaign, IL 61826**
- Put a '**Strides**' Team together—Decide on a name for your team and altogether raise funds for this meaningful cause. Send us a video of your fundraiser with the hashtag **#StridesAgainstStigmaCC** (CC= Champaign Co.) To our email address: stigmafreenamicc@gmail.com
- Or [NAMI Champaign Facebook page](#)
- You or You+Team might decide to put together a video of your own version of how to make 'Strides against Stigma'!



[Urban 15" Computer Messenger Bag](#)



[20 oz. Vacuum Insulated Swirl Tumbler](#)

- Perhaps you decide to sell some of your artwork with a portion of the proceeds going to [Champaign NAMI Strides Walk/Event](#)
- Pledge an amount during our [Live Streaming Event](#) on **Sunday, October 4th from 2-4pm** to our email address: stigmafreenamicc@gmail.com or on our [Champaign NAMI Facebook page](#).
- You could give a pledge to honor someone or in memory of someone you know who has struggled with mental health.
- Be creative with your ideas to fundraise. There is an endless ways to fundraise individually or as a team that YOU put together!
- Any donations towards this Strides Against Stigma two-week event can be sent to NAMI Champaign by check: **Champaign NAMI by sending a check to: PO Box 3552, Champaign, IL 61826**
- Or through the Fundraiser link: [Strides Against Stigma-Virtual Walk Event for NAMI Champaign](#)
- Please contact us at stigmafreenamicc@gmail.com if you have any additional questions or for other product pick-up accommodations.

Join us for the *Strides Against Stigma* Virtual NAMI Walk

Each day the week of Sept 28-Oct 3rd take a S-T-R-I-D-E each day towards better mental health! Whether you try all of the ideas each day or throughout the week, these are some ways to improve our mental health & physical health.

Then join our [NAMI Champaign Facebook page](#) on **Sunday, October 4th from 2- 4pm** for our *Live Streaming Event!*

S	T	R	I	D	E
Something	Time	Reach	I am...	Do...	Exercise
<p>Something you are grateful for— Each day name at least one thing that you are grateful for—such as the support of a good friend ...or the weather is getting cooler! <i>What were you grateful for today?</i></p>	<p>Spend some time connecting with a good friend or relative—call them or have a video chat. Bake or take something for a neighbor. Help a sibling with their schoolwork. <i>Your time & actions are priceless!</i></p>	<p>Reach out for help. If you've been trying to accomplish something on your own but it hasn't been working—reach out...to someone who CAN help you in that area.</p>	<p>I am important too ! Do something special for yourself. Learn a new hobby. Take a community education course. <i>Your attitude will effect your altitude!</i></p>	<p>Do some Random Acts of Kindness-- Perhaps it's walking a friend's dog or raking leaves for a neighbor. Sending a note to someone to let them know you care. <i>You'll feel better because you helped them out.</i></p>	<p>Exercise... Work up to 30 min a day of exercise. Walk, bike, hike, skateboard, yoga—even dance...do something you will enjoy! Maybe try some different exercise also this week! <i>Physical exercise improves our mental health!</i></p>

Send us a note or a video to our email: stigmafreenamicc@gmail.com to tell us what you are doing during this STRIDE time or STIGMA week. We want to know!

Virtual Walk Live Streaming Event Today

Sunday, October 4th from 2- 4pm on our [Champaign NAMI Facebook](#) page

We walk to raise awareness, to end the stigma that surrounds mental health, and to raise the funds necessary to support our education and support program expansion throughout Champaign County.

- Take a virtual walk around Champaign-Urbana with our [Strides Against Stigma Walk](#) Coordinators and socially-distancing friends
- Throughout the time we will see more of your motivational pictures you've sent us by [email](#) or to [Champaign NAMI Facebook](#)
- We'll be showing your [#StridesAgainstStigmaCC](#) video messages! (CC= Champaign County)
- Interviews talking about current questions dealing with mental health concerns



- Stories from peers about their mental health backgrounds
- Challenges made from one [Strides Team](#) to another [Strides Team](#)! (Remember the Ice Bucket Challenge? Challenge them to a task!)
- Like a telethon, we'll be working to raise more funds to help those in our own County! *We can only do it with your help!*
- Video clips from some well-known people who are working through mental health issues themselves
- And much more!!

Carpe Diem! Let us seize this time: **Mental Health Week 2020!**

The first week of October was established as Mental Health Awareness Week 30 years ago by Congress as a way to recognize the efforts by [NAMI](#) to **educate** and **increase awareness** about **mental health**.

Check out our [NAMI Champaign Facebook page](#) daily for new information plus more of **your motivational pictures** and **stigma free messages!**

S	T	I	G	M	A
Social Issues	Talents	I am...	Growth	Mental Toughness	Advocacy
Social Issues— Search for the facts. Share your story. Show that you care. Remember that even a pebble can help cause a ripple effect!	What talents do you have to help others? Can you volunteer to make phone calls or make a cool playlist for someone who needs a boost! Poetry-writing? Computer graphics? Sewing? Math tutoring?	I am OK! I can't control everything! What mantra or positive affirmation are you telling yourself daily?	Am I Growing in my knowledge about Mental Health? Check out <u>Champaign NAMI's classes.</u> Or sign up for a current webinar on <u>NAMI.org</u>	Am I becoming Mentally More Tough to handle new situations that come my way? Am I learning to be more resilient to issues I can't control?	Be an advocate. You have the power-- Speak up, share your story and vote for mental health changes. Your <u>#Vote4MentalHealth Matters!</u>

Send us a note or a video to our email: stigmafreenamicc@gmail.com to tell us what you are doing during this STRIDE time or STIGMA week. We want to know!

*Picking up your Fundraising shirts/products

Our first fundraising order is due Friday, Sept 25th by 3pm.

- NOTE: We will be placing two online orders. The first order is due Friday, Sept 25th by 3pm. We'll be using a one-week shipping time so that the products will be in by the following week and can be picked up Saturday, Oct 3rd between 10-2pm in the parking lot of the Champaign Public Library or Sunday, Oct 4th from 11-noon at the Champaign Public Library.
- Find us next to the flying Neon Green Ribbon flag! We'll be wearing our shirts too! You can stay in your car for contact-less pickup!
- We will also have a few fundraising items for sale during our product pick-up time Saturday, Oct 3rd and Sunday, Oct 4th such as a variety of types of masks--many with some green fabric – as a green ribbon represents Mental Health Awareness which we are highlighting the week of Oct. 4-10th.
- If needed, please contact us at stigmafreenamicc@gmail.com if you have any additional questions or for other product pick-up accommodations.



- NOTE: The second order will be placed on Thurs, Oct.1st by 3pm. Second orders can be picked up Friday, Oct.9th from 11-1pm or 5-6pm at the Champaign Public Library. Find us next to the flying Neon Green Ribbon flag! We'll be wearing our shirts too! You can stay in your car for contact-less pickup!
- Once again, we will also have a few fundraising items for sale during our product pick-up time such as a variety of types of masks--many with some green fabric – as a green ribbon represents Mental Health Awareness.
- Please NOTE: October 1st @ 3pm is the due date for the last two items in our fundraiser--the Urban 15" Computer Messenger Bag & the 20 oz. Vacuum Insulated Swirl Tumbler. Both should arrive about 2 weeks after the due date—which should be Thursday, October 15th
- --just in time for [NAMI Illinois's Virtual State Conference](#) held Oct 16th & 17th.
No matter where you will be, you will be traveling and drinking your latte with style!
- **Additional NOTE:** Our "Strides Against Stigma" Fundraising page will remain open throughout this Fall for anyone to purchase items and/or make donations. Any purchases will be sent directly to the buyer.