



## May is Mental Health Awareness Month

NAMI SE Indiana recognizes Mental Health Awareness Month with our annual fundraiser, NAMIWalks. We haven't planned an actual large crowd walk this year. Instead, to avoid crowds, we are planning NAMIWalks Your Way on Saturday, May 22, 2021. You can determine how you prefer to show your support for Mental Health Awareness. If you can, we appreciate your donations shared between NAMI SW OH and NAMI SE Indiana!

To donate, please click on the below link:


<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1055>

Click on Register Now

Search for the team: **NAMI SE Indiana**, Cheryl Dalton is the Team Leader



Mental illness affects an estimated 1 in 5 American families. Without treatment, mental illness can lead to unemployment, substance abuse, homelessness...even suicide. But mental illness is a *treatable* medical condition. With early detection, appropriate treatment and support, people with mental illness can live happy normal lives.

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