



Open Up and Share



Are you ready to share your mental health story on social media?

Choose a prompt below. Record a video of your response and then post it on your favorite social media platform. Or practice and go Live on Facebook, TikTok or Instagram. Some things to remember:

- Keep your video to 30 or 60 seconds
- Practice before recording or going live
- Tag #Together4MH
- Include a link to your walk fundraising page

Video Prompts (choose one to get you started)

1. Why is it important to **open up** about mental health?
2. What does **Mental Health for All** mean to you?
3. **My Name Is:**
 - My name is _____ and I have [an anxiety disorder]. I'm participating in NAMIWalks Your Way because_____.
 - My name is _____ and I am participating in NAMIWalks Your Way in [support/memory] of _____.
 - My name is _____ and I'm participating in NAMIWalks Your Way because_____.