Be on a Walk team in 4 Easy Steps

Walk:
1. Go to website landing page http://www.thehoustonwalk.org/ Click the Event Information tab. Click on Register to sign up for the walk - registration fee is $25. You can walk solo, join an existing Walk team (use Search button on the Event page), or create a new walk team. A walk team requires a captain + 2 walkers.

Donate:
2. Each walker identifies which of the participating mental health service charities they are walking for. 90% of funds raised by each walker / team go to charities designated by them. The remaining 10% goes to administrative costs for organizing the event. No staff or board member involved in organizing this event receives any salary.
Here’s link for Walk with a Purpose mental health services you can choose: http://www.thehoustonwalk.org/walk-with-a-purpose-teams/

Recruit:
3. Add members to your Walk team, and/or solicit supporters for your fundraising effort. Once you hit go button to log in, your personal Walk page provides a dashboard to email, post on facebook, or tweet solicitations to friends, followers, and family.

Talk:
4. Tell others about the Walk. The primary goal of the Walk is to raise awareness of mental health issues. The only way to End the Stigma of mental illness is for people to know and relate to the problems. Raising funds for the heroic work being done by the participating charities is great, but helping Houstonians take notice of the continuing need for support is even greater. Indifference is the greatest obstacle in providing support for mental health.