



WALK FOR MENTAL HEALTH

FOR THE MONTH OF NOVEMBER

Why Walk a Mile for Mental Health?

Every individual deserves access to adequate mental health care and support. Let's ensure homeless individuals receive the care they deserve. Challenge stereotypes and misconceptions, fostering a more understanding and inclusive community. Addressing mental health issues in the homeless population contributes to community safety by mitigating potential risks. Providing mental health support empowers homeless individuals, giving them the tools to manage their mental health and work towards stability and self-sufficiency.

Addressing mental health concerns among the homeless improves their overall health outcomes, positively impacting their quality of life. Providing comprehensive mental health support helps homeless individuals manage their challenges and reintegrate into society breaking the cycle of homelessness. Invest in mental health support to save on emergency services, hospitals, and the criminal justice system, ultimately saving taxpayer dollars. Addressing mental health issues in the homeless population fosters compassion and understanding within the community, encouraging empathy and support.

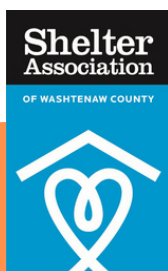
In Washtenaw County over 3000 people experience homelessness each year. 70% of the clients at the Shelter are suffering from mental health issues.

How You Can Help:

- Participate in the daily walk and spread the word.
- Challenge and encourage your colleagues and friends to join this vital cause.
- Share your journey on social media using [#WalkAMileForMentalHealth](#). Along with other hashtags
- Get Pledges/ Set up own page

Donate here: AnnArborShelter.org/Donate

**TOGETHER, LET'S MAKE A DIFFERENCE! YOU
GIVE! WE SERVE! LIVES CHANGE!**



 @ANNARBORSHELTER

 FACEBOOK.COM/DELONISCENTER





A GUIDE ON WALK A MILE A DAY FOR MENTAL HEALTH NOVEMBER

About the Shelter Association of Washtenaw County

The Shelter Association of Washtenaw County has been ending homelessness for 40 years. Eight million Americans are one paycheck away from becoming homeless. In Washtenaw County, 5000 people are experiencing homelessness. The Shelter Association of Washtenaw County (SAWC) was established in 1982, and is the primary provider of services and emergency shelter for around 1200 Washtenaw County individuals each year. The SAWC is housed at the Robert J. Delonis Center in downtown Ann Arbor.



SCAN HERE TO SEE THE FACEBOOK EVENT



SCAN HERE TO JOIN THE FACEBOOK GROUP

Registration Process

Is registration free?

Yes! The registration for this event is free!

How can I participate/register?

Participation is easy! Print out your pledge sheet, talk to your friends, your neighbors or your coworkers and ask them to sign the pledge sheet with their donation! You can also join our Facebook group called Walk A Mile for Mental Health: SAWC. There you can share updates and progress!

We also encourage your sponsors to make a post on this page that states how much they plan on giving!

My family member/friend wants to join. How can they do that?

A family member or friend will go through the same process! They simply need to download and print the pledge sheet and ask people to sponsor them.

How do I get my packet of information?

It is likely you have this as it is included in the guide!

Is there an age limit to take part in this walk-a-thon?

No, there is no age limit! Remember to walk at your own pace and do it comfortably!

Group Walks

I want to walk with my friends, what's the best way to do that?

That's great! The more people walking the better!

- **Pick a Meeting Spot:** Choose a central location where everyone can gather before starting their walk. A local park, community center, or even a coffee shop can serve as a great meeting point.
- **Plan a Scenic Route:** Explore your neighborhood or nearby trails. Find a route that's both enjoyable and safe for everyone. Consider interesting landmarks or scenic views to make the walk more engaging.
- **Invite Friends:** Reach out to your friends and invite them to join your walking group. Encourage them to bring along more friends, spreading the sense of community and purpose.
- **Set Regular Meet-Up Times:** Decide on a regular schedule for your walks, whether it's daily, a few times a week, or weekends. Consistency helps create a habit and keeps everyone motivated.
- **Challenge Yourself:** If walking a mile every day seems daunting, break it down. You can accumulate your miles over the week or challenge yourself to walk longer distances on specific days. It's about making a collective impact!
- **Capture the Moments:** Don't forget to take pictures during your walks and share them on social media. Use hashtags like #WalkAMileADayChallenge and #HungerHomelessnessAwareness to inspire others and spread the word about your cause.

Remember, every step you take is a step toward making a positive change in the lives of others. Lace up your shoes, gather your friends, and let's make a difference together!

Donations

Can I pledge my own amount?

Yes! If you'd like to be your own sponsor, that is totally fine!

How do I ask people to pledge to me? How do I encourage people to pledge to me?

Fundraising can be difficult! Here are some things you can try!

Have you invited friends on Facebook to donate? Post pictures and tell people how you plan to walk a mile a day in November! Tag them in your posts!

Tell them why you're doing it and why you want support the Shelter Association of Washtenaw County and their mission of ending homelessness, one person at a time. Included in this packet is some information you can share, like statistics and facts about homelessness and mental health.

In this packet you will find a compelling fact sheet with reasons people should be supporting you and your local homeless shelter and a sheet that tells you exactly how much of an impact you are making!!

I have collected money offline, how can I send in this donation?

You can donate the amount directly to the Shelter via check or secure online donation. If you do send a check or pay online, be sure to write "SAWC Walk 2023 final donation" in the comments section of the donation. If you write a check, just put the same words in the memo section.

You can send a check to:

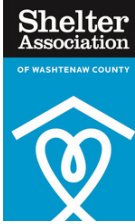
SAWC/The Shelter Association of Washtenaw County

P.O. Box 7370, Ann Arbor, MI 48107

Remember to tag the Shelter Association of Washtenaw County and use [#SAWCWalk](#) in all of your posts!

Good luck and remember to do your best!

If you have any additional questions, contact Alondra Burne at
burnea@washtenaw.org



WHAT DOES MY DOLLAR DO?

Here's an easy way to see what certain pledge amounts add up to!

Pledge Amount	Days	End Amount
1\$ a day	x30 days	\$30
2\$ a day	x30 days	\$60
3\$ a day	x30 days	\$90
4\$ a day	x30 days	\$120
5\$ a day	x30 days	\$150

A little can go a long way, check out what your pledge does!

\$10.00	Snacks for Five Clients
\$25.00	One Hour of Case Management
\$30.00	Unlimited Bus Tokens for 1 Person
\$45.00	60 Bus Tokens
\$50.00	2 Hours of Nursing in Recuperative Care
\$75.00	100 Bus Tokens
\$85.00	1 Night in Residential Shelter with Case Management