



Give 5 Send 5 With NAMI Nevada

Give \$5 to support mental health, send 5 virtual high-fives to raise awareness

May is Mental Health Month and we know that with COVID-19 so many people urgently need help as they deal with the virus, social isolation, and financial hardships. Will you join us in our "Give 5, Send 5" campaign. Give \$5 and post a picture that brings you HOPE and email 5 people on your friends list that could use some HOPE.

1 in 5 people will experience a mental illness this year - it's very likely that one of the five friends and family members you reach out to will be affected by mental illness. In 2019, we served an overall average of 3762 individuals in our support groups and education classes. Due to COVID-19, we foresee an increase in the need for mental health services.

NAMI Nevada is a non-profit organization and continues to offer education, advocacy and support, and we depend on donations and other financial support to provide our services. We rely heavily on volunteers that selflessly donate their time to provide educational courses and other services, but the cost of providing the services are covered by donations such as yours. Will you help us raise \$5,000 to purchase materials and supplies to get us through this tough time?

Our goal is to raise \$5,000 to continue our services during these uncertain times. When you donate to **NAMI Nevada**, the impact of your money will go directly towards a grassroots cause that supports individuals and families struggling with mental illness in our community.

It's okay if you can't donate money at this time because you can still spread the message of HOPE by posting a picture and giving a virtual "high-five" to 5 friends that you care about. We will make it through this time together. Every dollar counts, and every "high-five" counts. Let's see how many people we can reach and how much hope we can spread!

Together we are stronger and we will get through this. This virus is spreading fast, but we must show them that **HOPE** can spread faster. You are not alone!

Will you join us in our "Give 5, Send 5" campaign? Click on the link to donate \$5 now
https://naminevada.org/donate_now/.

Warm Wishes,
Robin Reedy
Executive Director