

[CPH Proud to Support NAMI in Our Home of Chicago!](#)

written by CPH Insurance | June 16, 2016

[CPH is an official sponsor the National Alliance on Mental Illness](#) (NAMI) upcoming September 2016 NAMIWalk in Chicago! This will be the 9th annual walk in Chicago by NAMI, in which many gather to bring awareness, raise research funding, and reduce stigma for mental illness! We are proud to help make a difference in the struggles against mental illness!

Participants will join together on the scenic lakefront of Grant Park to begin the 5k.

It's FREE - open to everyone! There will be live music, refreshments, giveaways, bouncy castles, and even face painters for the kids. Teams of walkers can work together to show pride and help the cause by designing T-shirts and outfits to wear for the walk.

From NAMI: *Participants should [REGISTER as a Team Captain, Team Member, or Individual Walker](#). Information can be shared electronically or printed and distributed. Walkers can request donations on behalf of their participation using their own walker Web page, and all walkers raising \$100 or more receive a free T-shirt on the day of the walk!*

NAMI is the largest support organization for mental illness. Mental illnesses are treatable - and they can affect:

- Any age
- Any race
- Any religion
- Any income level
- They are not the result of personal weakness, lack of character or poor upbringing.

Most people diagnosed with a mental illness can experience relief through a treatment plan tailored to their individual needs. Over a quarter of adults, or 61.5 million Americans, experiences mental illness in a given year! 13.6 million of those adults experience ongoing, long-term, untreated mental illness such as schizophrenia, major depression, or bipolar disorder. NAMI has made it their goal to change these numbers.

Learn more about causes of mental illness, mental health care, treatment and recovery at NAMI.org

Interested in other mental health news? Check out more from our blog, such as [how the affordable care act has changed the mental illness field>>](#)