

# UCS News Release

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## UCS Sponsors NAMIWalks for Mental Health

Bennington and Manchester, Vt. — Do something good for yourself and for the community. Join United Counseling Service (UCS) for NAMIWalks, a 3-mile walk in Bennington on Saturday, September 24.

“Walk with us and you’ll walk with thousands of people for healthier communities across America,” UCS Manager of Clinical and Emergency Services Sherry Hathaway said. “Anyone can walk, and when you do, you’ll help erase the damaging stigma around mental illness. You’ll also raise awareness that mental health care is insufficient to meet the demand.”

Mental illness can be crippling, making it difficult or impossible for people to keep a job, friends, or relate to family. One in five people experience mental illness at some point in life. The National Alliance on Mental Illness, or NAMI, has established fundraising walks for mental health around the country.

In Bennington, participants will make a difference in the lives of people with mental illness and help the community stay healthy by raising money and awareness to support mental health advocacy, research, education and vital programs.

“The walk starts and ends at 316 Dewey St. in Bennington and loops through town by Mt. Anthony Union High School,” Hathaway said. “Walkers can form teams in support of mental health and raise money from friends, neighbors, and family to help build a world-class treatment and recovery system for people with mental illness.”

To register yourself or your team online, just log onto [www.nami.org](http://www.nami.org), click on NAMIWalks, then click on VT on the US map, and click on “Form Team,” then follow directions.

If you hate computers, call Nancy Donlon or Pat Kinney, 442-5491 x483 and we’ll send you a registration packet, a colorful poster, and information.

“The walk starts at 9 a.m.,” Hathaway said, “and participants get a free t-shirt while supplies last.

UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support. Visit [www.ucsvt.org](http://www.ucsvt.org) to find out more.

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