



**FOR IMMEDIATE RELEASE**

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**Pensacola Chapter of the National Alliance on Mental Illness (NAMI)  
to Hold 2<sup>nd</sup> Annual “Ending the Silence” Walk on May 21**  
*Goal is to Raise Awareness and Enhance Services for Sufferers of Mental Illness*

April 13, 2016 (Pensacola, FL) In recognition of *National Mental Health Month*, the Pensacola Chapter of the National Alliance on Mental Illness (NAMI) will present the 2<sup>nd</sup> Annual “Ending the Silence” Walk on **Saturday, May 21** at Blue Wahoo Stadium in downtown Pensacola. The goal of the 3K event is to raise awareness and enhance services for those in our community who suffer from mental illness.

The Walk will begin at 8:00 a.m. with day-of-event registration beginning at 7:00 a.m. Teams are encouraged but individual walkers are also welcome. Individuals and teams may pre-register at [www.namipensacola.com](http://www.namipensacola.com) or by emailing [namipensacola@gmail.com](mailto:namipensacola@gmail.com). The cost of registration is \$15, but teams of 10 or more may register for \$10 per person. Sponsors of this year’s event include Buffalo Rock, Cat Country, and West Florida Healthcare.

According to the National Alliance on Mental Illness, one in four adults—approximately 61.5 million Americans—experience mental illness in a given year. One in 17—or about 13.6 million—live with a serious mental illness such as schizophrenia, major depression, or bipolar disorder. Serious mental illness costs our country \$193.2 billion in lost earnings per year.

For more information about the “Ending the Silence” Walk, contact Roger McBride, Behavioral Health Program Director, West Florida Hospital, at (850) 382-0677.

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