

# WALK A MILE

To raise awareness for mental health

SEPTEMBER 12, 2024

1PM

**Join us at Gratiot Integrated Health Network to Walk a Mile for mental health awareness in Michigan!  
Or join in at the Capitol in Lansing on September 12th!**

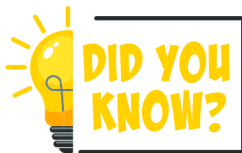
Can't make it to GIHN or the Capitol?

That's OK! Walk a mile on your own and share a photo on social media with the following:

#walkamile

#gratiotcountysuicideprevention

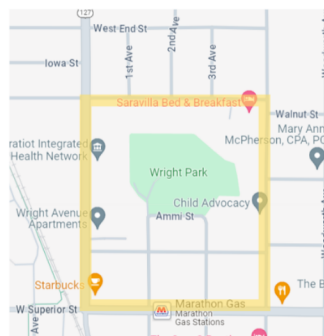
& Tag Gratiot Integrated Health Network & Child Advocacy - Gratiot County on Facebook



The Walk-a-Mile in My Shoes Rally gathers advocates who have an intellectual or developmental disability, mental health challenge, or substance use disorder from around Michigan at the state Capitol to inform the public and legislators about access to publicly funded behavioral healthcare.



Meet at Gratiot Integrated Health Network  
608 Wright Ave. Alma M. 48801  
at 1:00 PM to walk the route below!



Questions? Contact 989-466-4131 or [rpage@gihn-mi.org](mailto:rpage@gihn-mi.org)



**HAVING SUICIDAL THOUGHTS?  
ASK FOR HELP NOW.**

**988** National Suicide Prevention Lifeline **989-463-4971** GRATIOT INTEGRATED HEALTH NETWORK CRISIS LINE

**TEXT HOME TO 741741**  
NATIONAL CRISIS TEXT LINE