

1 Million Miles for Mental Health

NCSS Project AWARE wants to invite individuals and groups to join together as a global community to complete one million miles of physical activity during the 2018-2019 school year. Participants will begin logging miles in September (Suicide Prevention Month) and continue to log miles through May (Mental Health Awareness Month). In May participants will have the option to participate in a Mental Health Awareness Fun Run hosted by NCSS Project AWARE.

Our goals are to increase awareness and identification of mental and behavioral concerns, decrease the stigma associated with mental health, and increase participation of the community (including families and youth) and mental health providers (including school-based and community-based providers) in efforts to identify the mental health resources available to meet the needs of the students and families.

Join Us for FREE!

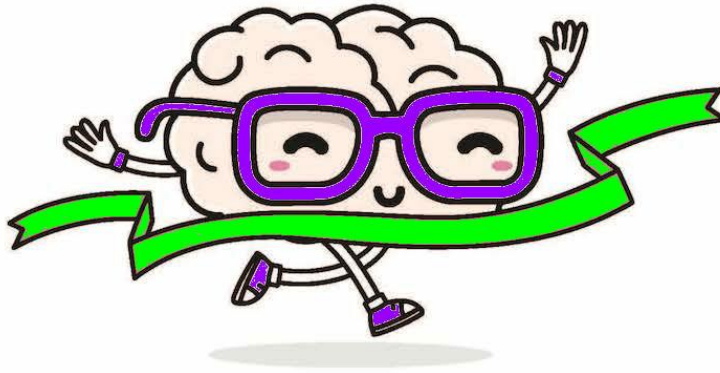
1. Go to the NCSS Project AWARE webpage <http://bit.ly/ncssprojectaware>
2. Click on Million Miles for Mental Health
3. Click on the link to enter you miles ([Enter Mile Here](http://bit.ly/mm4mh)) <http://bit.ly/mm4mh>
4. Log Your Miles Daily/Weekly/Monthly
5. Invite your friends, family, kids, neighbors and everyone you know to join us! Did we mention? It's FREE!
6. Post Pictures, and Inspirational information to our Million Miles Facebook Event Page <http://bit.ly/facebook1mm4mh>
7. Use the **#1mm4mh** when posting to social media sites and tag **@ncssprojectaware**

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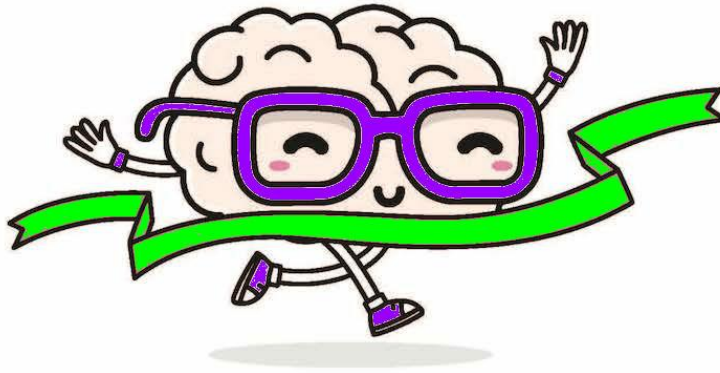
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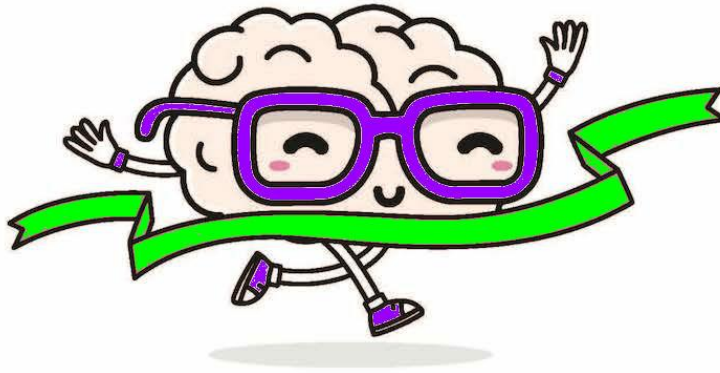
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