

**Subject:** Walk with Us to Support Mental Health – Join the 2025 NAMI Walks!


Dear Friends,

My name is Lars Guo, and I'm proud to be part of this year's NAMI Walks event. As someone who lives with bipolar 1 disorder, I know firsthand how important it is to support mental health awareness, break the stigma, and provide vital resources to those affected by mental illness.


I walked in my first NAMIWalks event back in 2016. This year, I walk again—not just for myself, but for everyone navigating their mental health journey, and for the families, friends, and caregivers who walk alongside them. Together, we can raise awareness, promote research, and build a better, more compassionate world. This year, I am walking virtually.

NAMI (National Alliance on Mental Illness) offers crucial support groups, resources, and activities for individuals living with mental health conditions and their loved ones. One of the groups we're proud to support is the Peer Support and Advocacy Network (PSAN), which uplifts peer-led programs across Massachusetts.

**Here's how you can help:**


 **Join us for the NAMIWalks event on May 17 at Boston Common (Parkman Bandstand).**

 Registration begins at **9:00 AM sharp**.

 Walk as an individual or create your own team! (To create a team, contact:

**hdt@namiboston.org**)

 Sign up to walk: <http://tinyurl.com/psan2025>

 Can't make the walk but still want to contribute? Donate

here: <https://www.namiwalks.org/participant/Larsguo> *All donors will receive a thank-you t-shirt!*

Prefer to mail a donation? Send checks or cash (payable to **NAMI Massachusetts** with **PSAN** in the memo) to:

**Howard D. Trachtman**

776 Main Street #541481

Waltham, MA 02454

Whether you walk, donate, or help spread the word—thank you. Your support means the world to people like me who are on a lifelong path to healing, hope, and health.

With gratitude,

Lars Guo

On behalf of NAMI and PSAN