

FOR IMMEDIATE RELEASE

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Together, We Are NAMIWalks: Jacksonville Community Invited to Walk, Run and Unite for Mental Health

JACKSONVILLE, Fla. — NAMI Jacksonville invites Northeast Florida residents, businesses, schools, healthcare organizations, and community leaders to come together for **NAMIWalks Jacksonville 2026**, the region's largest community event dedicated to mental health awareness, support, and hope.

Taking place **Sunday, October 4, 2026**, at the **Northbank Riverwalk Artist Square (home of the Riverside Arts Market), 729 Riverside Avenue**, participants may choose either a traditional **5K community walk** or a **chip-timed 5K race**. Registration opens at **8:00 a.m.**

Held under the national theme "**Together, We are NAMIWalks**," this year's event reflects a simple truth: no one should face a mental health condition alone.

Each year, one in five adults experiences a mental health condition, yet stigma, lack of understanding, and barriers to care continue to prevent many individuals and families from receiving support. NAMIWalks brings thousands of people together to change that reality—raising awareness, building community, and funding free mental health education, support, advocacy, and outreach programs throughout Northeast Florida.

"Our community has made tremendous progress in changing the conversation around mental health, but there is still much work to do," said **Suzanne Mailloux, Chief Executive Officer of NAMI Jacksonville**. "NAMIWalks demonstrates what is possible when a community comes together with compassion and purpose. Every person who registers, every donor, every volunteer, and every sponsor helps ensure that someone facing a mental health challenge knows they are not alone."

More than a fundraising event, NAMIWalks Jacksonville is a celebration of recovery, resilience, and community. Walk Day will feature:

- Traditional 5K Walk
- Chip-timed 5K Race
- Mental Health Wellness Fair

- Live entertainment
- Family-friendly activities
- Community exhibitors
- Opportunities to connect with local mental health resources and advocates

Individuals are encouraged to register as participants or create fundraising teams with friends, families, coworkers, schools, faith communities, healthcare organizations, and businesses. Corporate sponsorship opportunities are also available for organizations wishing to demonstrate their commitment to mental health while supporting one of Northeast Florida's most visible community events.

Registration for the walk is free, and fundraising is encouraged. Every dollar raised remains in Northeast Florida to support NAMI Jacksonville's free mental health programs, including peer-led support groups, educational courses, youth mental health initiatives, advocacy, and community outreach. These services are available regardless of an individual's ability to pay and provide hope and connection to thousands of local residents each year.

NAMIWalks is America's largest mental health fundraising event series and has become one of the nation's premier peer-to-peer fundraising events. In 2026, more than 200 NAMIWalks events across the country will unite communities in pursuit of one shared vision: **Mental Health for All.**

Event Details

What: NAMIWalks Jacksonville 2026 – Traditional 5K Walk & Chip-Timed 5K Race

When: Sunday, October 4, 2026

Registration begins at 8:00 a.m.

Where: Northbank Riverwalk Artist Square (Riverside Arts Market)
729 Riverside Avenue
Jacksonville, FL

Registration: www.namiwalks.org/jacksonville

About NAMI Jacksonville

NAMI Jacksonville is the Northeast Florida affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for individuals and families affected by mental illness. Serving Duval, Clay, Nassau, Baker, and St. Johns counties, NAMI Jacksonville provides free peer-led support groups, educational programs, advocacy, and outreach that empower individuals, strengthen families, reduce stigma, and improve access to mental health resources throughout the community.