

JULY 28, 2020

# VOICES



## Update: Walk a Mile in My Shoes Rally is Going Virtual on 09/29

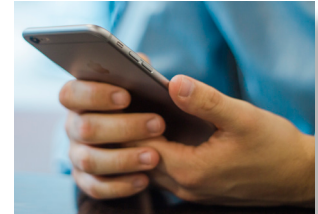
The annual Walk a Mile in My Shoes Rally is held every year to enhance public awareness, end stigma related to mental illness and developmental disabilities, and to promote mental health and wellness. This year, Walk a Mile will be held virtually September 29th at noon. Keep reading to find out how you can be involved.



Here are some participation suggestions from CMHA-CEI and from the Community Mental Health Association of Michigan:

- 1. Create Your Sign:** Write a personal statement or message about advocacy and ending stigma. Include #WalkaMile and on your sign below your statement.
- 2. Take Your Picture, Send a Statement, and/or Record a Video:** Hold your sign and snap a picture, or record a video. You can record yourself walking and/or sharing a statement about why you are walking. If possible (and safe), ask a friend to take your picture or record the video so they can help make sure your message is clear.
- 3. Plan Your Post:** Make your post simple. State why you are virtually walking. Include the hashtag #WalkaMile and tag CMHA-CEI on Facebook at @CEICMH and the CMHAM on Facebook/Twitter at @CMHAMich.
- 4. Share in Advance or Set An Alarm:** The goal is to flood the internet with messages at noon Eastern Time on September 29, 2020. Coordinating our posts will help the hashtag gain traction. Set an alarm on your phone or calendar to remind yourself to post your picture online. Or, share your posts in advance with Customer Service by sending an email to [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org), or call at 517-346-8244.

### Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).



### DO THE FIVE to stop COVID-19

- 1. HANDS** wash them often
- 2. ELBOW** cough into it
- 3. FACE** don't touch it
- 4. SPACE** keep safe distance
- 5. HOME** stay if you can

### COVID-19 Testing

Ingham County Health Department is offering no out-of-pocket cost coronavirus testing. Find dates and locations on this flyer: [click here](#).

For general testing locations and information: [click here](#).

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).

# Walk a Mile T-Shirt Design Contest

The Walk a Mile t-shirt design contest is still accepting entries! Check out the 2018 winning design on the right.

Be sure to submit your design entry to [customer-service@ceicmh.org](mailto:customer-service@ceicmh.org) by **Friday, August 14, 2020 at 4:00 PM.**

## T-Shirt Design Rules and Parameters:

- Design must be one color
- Design must incorporate the CMHA-CEI Logo with the "Together We Can" tagline
- Design must have all service area listed on either the front or back of t-shirt (Families Forward, Adult Mental Health Services, Community Services for the Developmentally Disabled, and Substance Abuse Services)
- The year 2020 must be present in the design
- The words "Walk a Mile in My Shoes" must be present in the design



## Explore the Smithsonian...from your couch!

Feeling bored? Looking for something engaging to explore? The Smithsonian online is hosting online events, virtual collections tours, expert-led lectures and arts classes, free online courses, and even live animal cameras!

Check out their offerings and explore the website by following this link: [click here](#).



### Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136, 7 days a week from 8 a.m. to 5 p.m.



Email [COVID19@michigan.gov](mailto:COVID19@michigan.gov) 24/7. Emails will be answered 7 days a week, 8 a.m. to 5 p.m.



Subscribe to e-newsletter updates at [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus).



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County  
Health Department

Mid-Michigan District  
Health Department

Barry-Eaton  
Health Department

Michigan Department of  
Health and Human Services

Centers for Disease  
Control and Prevention

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).