



National Alliance on Mental Illness



HOW TO RAISE \$100

\$10 – your personal donation	\$ 10
\$15 – from spouse/parent	15
\$10 – from a friend at work	10
\$10 – from two close friends	20
\$5 – from four neighbors	20
\$10 – from two family members	20
\$5 – from teacher/school friends	<u>5</u>
	\$100