

Be Good to Yourself and Help Someone with Mental Illness

Order a meal for yourself (dine in, dine out, carry-out), or if you're not hungry but would still like to support NAMI-HC, please donate here: https://namihowardcounty.org/donate_now/

MENTAL HEALTH RESTAURANT WEEK- Oct. 4th – Oct. 10th

[CLICK LOGO for locations and menus!](#)

**** Sunday, October 4th**
**** Monday, October 5th**
**** Wednesday, October 7th**
**** Saturday, October 10th**



**** Patron MUST mention "NAMI-HC" when placing order for the restaurant to make a donation.**

**** Monday, October 5th**



**** Tuesday, October 6th**



Wednesday, October 7th



Thursday, October 8th



NAMI-Howard County helps people with mental illness through individual, peer and family support groups, education classes and advocacy.