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# 1 MILLION STEPS 4 OCD WALK PRESENTED BY PEACE OF MIND FOUNDATION

FOR IMMEDIATE RELEASE

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## 1 MILLION STEPS 4 OCD WALK PRESENTED BY PEACE OF MIND FOUNDATION COMES TO HOUSTON ON JUNE 6 REGISTRATION NOW OPEN FOR HOUSTON’S FIRST EVER WALK FOR OCD

*Registration now open for Houston’s first ever walk for OCD*

HOUSTON (May 22, 2015) -- The 1 Million Steps 4 OCD Walk presented by the [Peace of Mind Foundation](#) will take place on Saturday, June 6, at Gallery Furniture Grand Parkway to help raise awareness for obsessive compulsive disorder (OCD) and related disorders. Proceeds from the event will benefit the [International OCD Foundation](#) (IOCDF) and the Peace of Mind Foundation, a Houston based non-profit founded by the McIngvale family, which conducts advocacy, research and resources for those affected by OCD.

While OCD has taken on a trivial meaning in pop culture, the reality of the disorder is far different from the stereotypes seen on TV. No one knows this better than Houston’s iconic McIngvale family.

After her diagnosis at age 12 and treatment which included both inpatient and outpatient therapy, Elizabeth McIngvale, daughter of Gallery Furniture owner Jim “Mattress Mack” McIngvale, has made it her life mission to make a difference in the lives of those living with OCD. Elizabeth began her advocacy platform at age 17 where she was featured on the first ever IOCDF public service campaign for OCD, titled “What does OCD Look Like? Me, my name is Elizabeth”. Elizabeth received her undergraduate and master’s degree from Loyola University Chicago and her Ph.D. from the University of Houston in Social Work. Elizabeth is a therapist, advocate and researcher who dedicates her time to OCD, mental health stigma and issues surrounding access to care.

“My ultimate goal is for everyone diagnosed with mental illness to have access to evidence based treatment and to be a part of the movement that stamps out the stigma of mental illness by sharing my story,” Elizabeth says. “This walk will help bring awareness of OCD and mental illness to the Houston community and help us stamp out the stigma one step at a time.”

This new walk in Houston coincides with three other walks also happening on June 6 in Boston, MA, Atlanta, GA, and Sacramento, CA, in addition to many smaller grassroots walks around the country. The walks are all part of the IOCDF’s 1 Million Steps 4 OCD campaign, an effort to raise awareness about OCD and break the stigma surrounding mental illness.

Pre-race ceremonies including welcoming remarks from Liz and Jim “Mattress Mack” McIngvale will begin at 8 a.m. The Walk will begin at 8:30 a.m. A post-walk brunch will be available at Brick & Mortar, the restaurant located in the Gallery Furniture Grand Parkway store, for an optional donation benefiting the Peace of Mind Foundation.

To register for the Houston walk, visit <https://www.crowdrise.com/peaceofmindfoundation> online registration closes Friday, June 5 but on-site registration will be available the morning of the Walk. Registration is \$25 per person, which includes a shirt. Proceeds from the registration will benefit the

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## UPCOMING EVENTS

### National PTSD Awareness Month

June 1, 2017 - midnight  
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  Please join us for our June meeting of the Center for School Behavioral ...

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## CONTACT INFORMATION

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IOCDF. Individuals who are not interested in a t-shirt or who may not be able to contribute financially are encouraged to still attend and walk for the cause; to register for free please email [info@peaceofmind.com](mailto:info@peaceofmind.com) by Friday, June 5th.

Gallery Furniture Grand Parkway is located at 7227 W. Grand Parkway South, Richmond, Texas 77407. For more information, visit <https://www.crowdrise.com/peaceofmindfoundation>, or contact the peace of mind foundation at [info@peaceofmind.com](mailto:info@peaceofmind.com) or 832-474-1327.

**About the International OCD Foundation**

The International OCD Foundation is a donor-supported nonprofit organization, working to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them. Based in Boston, the IOCDF has affiliates in 25 states and territories, as well as 9 Global Partners. The IOCDF was founded as the Obsessive Compulsive Foundation in 1986. Now in its 27th year, the organization has an over \$1.5 million annual operating budget, has granted millions of dollars for OCD research, and is a vital resource for the estimated 1 in 100 individuals with OCD around the world. For more information, visit <http://iocdf.org>. Elizabeth McIngvale serves as one of the national spokespersons for the International OCD Foundation.


**About Peace of Mind Foundation**

The Peace of Mind Foundation is a 501(c)(3) non-profit organization whose mission is to help improve the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy. Founded by the Linda and Jim McIngvale family, donations received support the Foundation's mission. The Foundation created and fully subsidizes the OCD Challenge ([ocdchallenge.com](http://ocdchallenge.com)), an online self-help website for individuals suffering from OCD. For more information, visit [www.peaceofmind.com](http://www.peaceofmind.com).

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