



# MAY MENTAL HEALTH



# MATTERS MONTH

Greetings and welcome to our Mental Health Month Activity Guide, designed to empower community members in promoting Mental Health Month!

## How to get involved

[Click here for more examples and information](#)

### Beginner

- Wear a lime green ribbon or clothes. Share what it means to you when asked
- Create a Twibbon for your social media profile picture. Add a description of its meaning in your profile
- Add a lime green ribbon to email signature and a brief description of its significance
- Take the online pledge to stomp out stigma at [www.eachmindmatters.org](http://www.eachmindmatters.org)

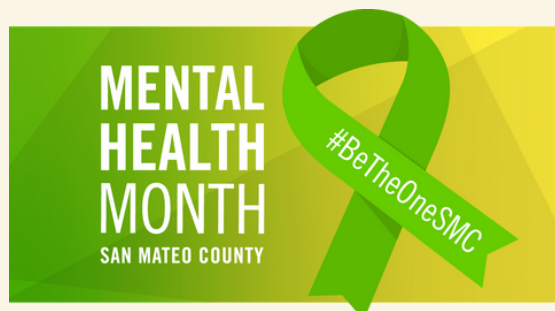
### Intermediate

- Ask neighbors or local businesses to share lime green ribbons on their doors
- Create a blog around mental health or stigma reduction
- Create a ribbon wall at your workplace. Ask employees to write a name of someone who helps keep them going
- Volunteer at a local event
- Feature stories, resources and information from Each Mind Matters about mental health in your company newsletter or e-blast

### Advanced

- Host an event in the community – walk-a-thon, art festival, resource fair
- Ask local government officials to light up a prominent area lime green during the month of may
- Write a letter or email, or call your elected representatives (Board of Supervisors, State and National Representatives) explaining the importance of mental health, urging them to continue to support mental health initiatives

### Resources



[smchealth.org/mental-health-month](http://smchealth.org/mental-health-month)

[emmresourcecenter.org](http://emmresourcecenter.org)

[takeaction4mh.com](http://takeaction4mh.com)

