

Who is your Lime Green Champion?

May is Mental Health Awareness Month

Ramsey County is made up of individuals and organizations working to advance the mental health movement. Take a moment to give your Lime Green Champion a shout out and add your ribbon to the wall.

It can be an organization, a person, a favorite animal or even something you carry with you to give you peace. Whatever has helped you along your journey, we want to see it!

- 1** Sign a paper ribbon with your Lime Green Champion.
- 2** Place the ribbon on the wall.
- 3** Take a photo and upload it on your social media account.
- 4** Don't forget to include @ramseycounty.

Adapted with permission from EachMind MATTERS,
California's mental health movement.
www.EachMindMatters.org