

Ribbon Wall Activity

May is Mental Health Awareness Month

Give a shout out to your lime green champion!

It could be anyone or anything. For example, an organization that has given you invaluable resources, a mental health professional who has helped guide you, or a loved one who has supported you along your journey. It can even be someone you've never met before but appreciate such as a celebrity who talks openly about their mental health challenges. Or how about a favorite quote, animal or item that helps you in your everyday life.

Let them know they are your lime green champion. Let's continue to grow the movement and show how together we can make a difference in mental health.

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

Implementing a Ribbon Wall Activity

- 1** Choose a blank wall in your office or other public area with high foot traffic.
- 2** Identify a small table to set up next to the wall and lay out the paper ribbons, pens and tape.
- 3** Put the Ribbon Wall Activity poster on the wall to draw attention to the promotion. You can get it started by signing the first lime green ribbon!
- 4** Inform others about the Ribbon Wall – make an announcement at a staff meeting or send out the sample e-blast to members of your organization to encourage them to participate.

Each kit includes:

- Lime green paper ribbons
- Ribbon wall activity instructions

You supply:

- Markers
- Tape