



May is
**Mental Health
Matters Month**



EachMindMatters.org

Learning
Exchange:
Tips & Tools for
Mental Health
Matters Month

March 2018

Introductions



Lisa Smusz
Alameda, CA



Rosio Pedroso
Gilroy, CA



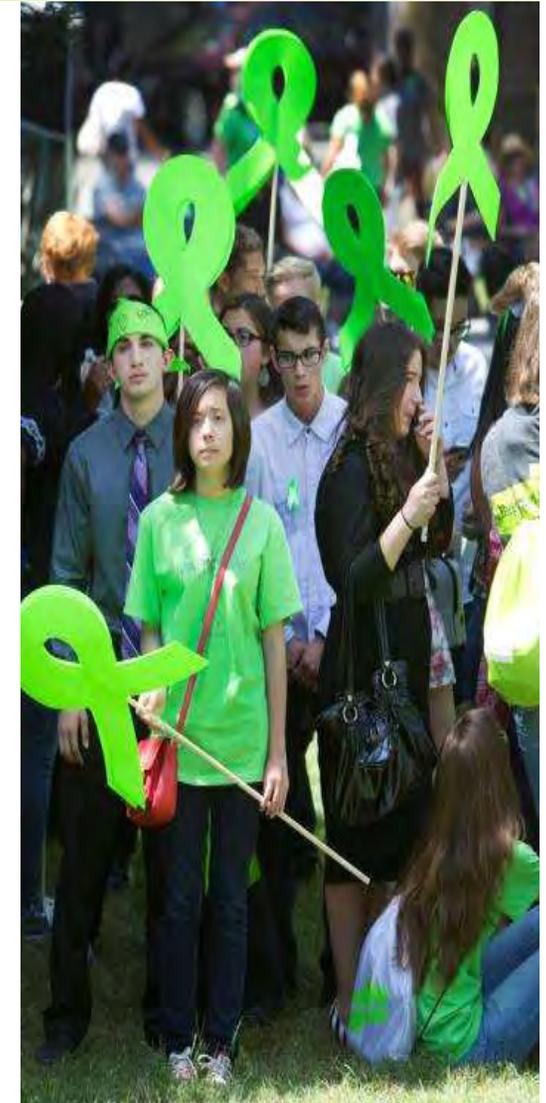
Mariana Baserga
Los Angeles, CA



Jana Sczersputowski
San Diego, CA

Each Mind Matters

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.



Welcome!

- Please mute your line
- If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel



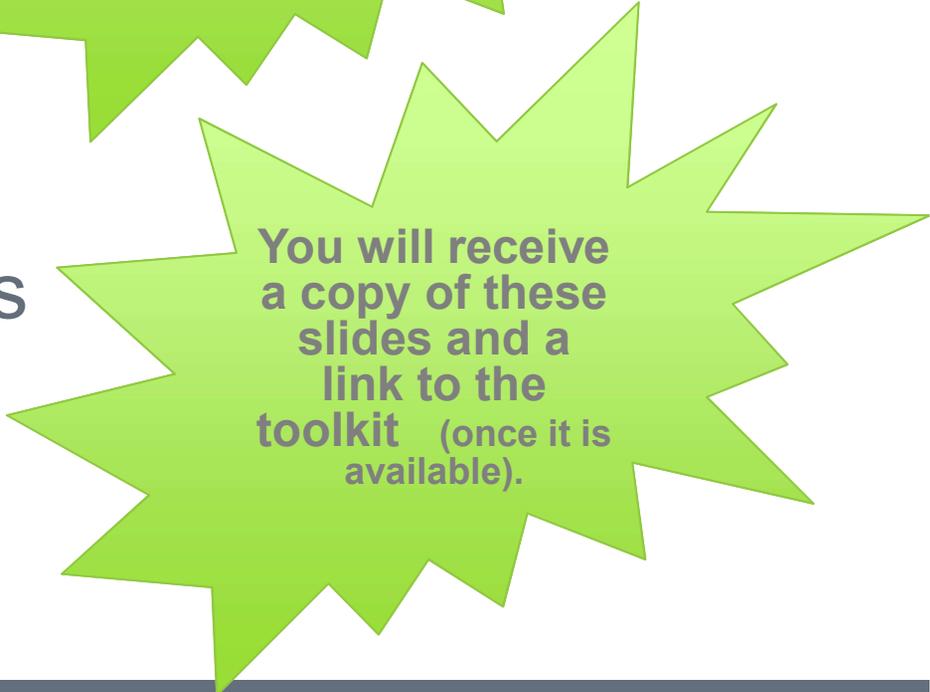


Agenda:

- Ribbon Wall Activity
- Online Toolkit
- Guest Speaker
- Learning Exchange
- Additional Resources



The online toolkit will be available by the end of March 2018.



You will receive a copy of these slides and a link to the toolkit (once it is available).



Thank you for being a part of Mental Health Matters Month!

The toolkit includes:

- Ribbon Wall Activity
- Social Media Posts
- Email Templates
- Activity Ideas
- Hand-outs



Note that these materials can be found and **downloaded** at EachMindMatters.org or SanaMente.org



About Us | Shop | Media | Contact | [SanaMente](#) [GET HELP NOW](#)

Mental Health | Stories | **Get Involved** | Events | Resources | Blog

Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



Spread the Word

Learn more about the movement and get tools to help inform others.

[More](#)



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Mental Health | Stories | **Get Involved** | Events | Resources | Blog

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Spread the Word

Each Mind Matters is gaining momentum every day as people like you join California's Mental Health Movement. Together, we can create supportive communities where no one feels alone.

Every person plays an important role in helping people feel comfortable by having open conversations and encouraging those who need it to seek support. Below are some things you can do to help.

May is Mental Health Matters Month

May is Mental Health Matters Month! Throughout the month, people from across California will come together to spread awareness about the importance of mental health and show their support for the issue. Get your free downloadable signs and videos to get your community talking about mental health during the month of May!

Check out our previous toolkits for even more activities and information:

- [Previous Mental Health Matters Month Toolkit](#)
- [May is Mental Health Matters Month Toolkit](#)





2018 Theme and Core Message

 Mayo es el
Mes de la Salud Mental

Conexiones más profundas:
de charla trivial a
conversación real





 2018 Theme and Core Message

 May is
Mental Health Matters Month

Deeper Connections:
From Small Talk
to Real Talk



🎗️ Why a ribbon wall activity?



Each Mind Matters is made up of millions of individuals and hundreds of organizations working to advance the mental health movement. This May we're focusing on strengthening social support networks, which research suggests can contribute to a healthier, happier life. Sometimes, it can be hard to know how to make deeper connections with people in our life or what to say when someone needs support, so we created this activity to help get you started.

1

Respond to one of the questions below, or create your own positive message on a lime green ribbon and place it on a wall. Read and get inspired by what others have written too!

- What's the best thing someone could say to you when you need support?
- Imagine someone reading this is feeling alone. What would you like to say to them?

2

Take a photo and upload it to your social media account. Don't forget to include @EachMindMatters and #EachMindMatters.

3

Choose a message card. Keep it for yourself for those times when you need a little inspiration, or share it to support and connect with others around you.

4

Take a lime green ribbon and wear it proudly to show your support of the mental health movement.

Why a Ribbon Wall Activity?



What is the best thing someone could say to you when you need support?

Imagine someone reading this is feeling alone. What would you like to say to them?

Ribbon Wall Activity



EachMind MATTERS
California's Mental Health Movement
EachMindMatters.org
National Suicide Prevention Lifeline
1.800.273.8255

SanaMente
Movimiento de Salud Mental de California
SanaMente.org
Nacional de Prevención del Suicidio
1.800.628.9454

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Financiado por condados a través de la Ley de Servicios de Salud Mental (Propuesta 63), aprobada por votantes.

You make my
life better
just by being in it.

I can. I will. *I am.*

EachMind MATTERS
California's Mental Health Movement
EachMindMatters.org

Need help? Call the National Suicide Prevention Lifeline at **1.800.273.8255** or text EMM to **741741** for free crisis counseling, 24/7.

...through the voter-approved Mental Health Services Act (Prop. 63).

IF YOU WANT TO GO FAST,
GO ALONE.
IF YOU WANT TO GO FAR,
GO TOGETHER

I've been there.
I'm here now.

Ribbon Wall Activity



EachMind MATTERS
California's Mental Health Movement
EachMindMatters.org
National Suicide Prevention Lifeline
1.800.273.8255

SanaMente
Movimiento de Salud Mental de California
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Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

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"Al final del día podemos aguantar mucho más de lo que pensamos que podemos."
— *Frida Kahlo* —

El 50 por ciento de nosotros sufrirá de un reto de salud mental en nuestra vida. Por eso todos debemos de alzar la voz.

SanaMente.org

Si necesitas asistencia inmediata, llama a la Red Nacional de Prevención del Suicidio al **1.888.628.9454**.

SanaMente Movimiento de Salud Mental de California

Financiado por condados a través de la Ley de Servicios de Salud Mental (Propuesta 63), aprobada por votantes.

QUISIERON ENTERRARNOS,
PERO NO SABÍAN
QUE ÉRAMOS
SEMILLAS.

*Todos tenemos cicatrices,
todos tenemos historias.*

Estaré a tu lado... cuando necesites más apoyo.

Ribbon Wall Activity

- Ribbon Wall Activity Instruction Poster
- Ribbon Wall Ribbons
- Message Cards
- Fabric Ribbons
- Markers and Tape



May is  **Mental Health Matters Month**

Deeper Connections: From Small Talk to Real Talk

Each Mind Matters is made up of millions of individuals and hundreds of organizations working to advance the mental health movement. This May we're focusing on strengthening social support networks, which research suggests can contribute to a healthier, happier life. Sometimes, it can be hard to know how to make deeper connections with people in our life or what to say when someone needs support, so we created this activity to help get you started.

- 1 Respond to one of the questions below, or create your own positive message on a lime green ribbon and place it on a wall. Read and get inspired by what others have written too!
 - What's the best thing someone could say to you when you need support?
 - Imagine someone reading this is feeling alone. What would you like to say to them?
- 2 Take a photo and upload it to your social media account. Don't forget to include @EachMindMatters and #EachMindMatters.
- 3 Choose a message card. Keep it for yourself for those times when you need a little inspiration, or share it to support and connect with others around you.
- 4 Take a lime green ribbon and wear it proudly to show your support of the mental health movement.

For more information visit EachMindMatters.org

 @EachMindMatters | /EachMindMatters | @EachMindMatters

 **Each Mind MATTERS**
Celebrating Mental Health Awareness
EachMindMatters.org

 **SanaMente**
SanaMente.org

*QUISIERON ENTERRARNOS,
PERO NO SABÍAN
QUE ÉRAMOS
SEMILLAS.*

*Todos tenemos cicatrices,
todos tenemos historias.*

🎗️ Sample Ribbon Wall



Additional Resources



SanaMente
Promoviendo
el bienestar
mental

Mayo es el **Mes de
la Salud Mental**

SanaMente.org



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**We Believe
Each Mind
Matters**

May is **Mental Health
Matters Month**

EachMindMatters.org



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How do you access these materials?

1

Please fill out the post survey and let us know what materials you are interested in. We have a small supply available to provide to webinar participants. (Limited while supplies last)

2

Easy to use templates to print the materials on your office computer or at your local printer are available.

3

All materials can be ordered at the Each Mind Matters Store: www.eachmindmatters.org/shop/



May is
Mental Health Matters Month

Q&A



Online Toolkit

- Social Media
- Resources
- Activity Tips
- Email Blasts

May is Mental Health Matters Month

Say This Not That

Each Mind Matters California's Mental Health Movement encourages everyone to check in with loved ones on their mental health. Taking openly and honestly about mental health lets those we care about know that we support them. The following phrases can be used to create meaningful conversation with someone experiencing a mental health challenge. Before starting a conversation with someone you are concerned about be sure to have resources on hand, including local county mental health department numbers and suicide crisis resources.

Say This	Not That
I'm deeply concerned about you and I want you to know that help is available to get you through this.	Chin up! I'm sure it will pass.
Comments such as "it will pass" can make a person feel worse. Let the person know you care. Letting them know that you take their situation seriously, and you are genuinely concerned about them, will go a long way in your effort to support them.	
I am someone who cares and wants to listen. What do you want me to know about how you are feeling?	Stop feeling sorry for yourself.
It's important to learn to separate the disorder from the person you love. Comments like this blame the individual for their feelings.	
It seems like you are going through a difficult time. I want you to know you're not alone in this.	There's always someone worse off than you are.
Ensure that your loved ones feel supported. A negative comment like this can make the person feel as though their feelings are insignificant.	
I can't really understand what you are feeling, but I can offer my compassion and find you help.	Well, me, I know how you feel. I was depressed once for several days.
Avoid saying you know how they feel as it invalidates their experience.	
I'm concerned about your safety. Have you thought about suicide?	You're not thinking about killing yourself are you? (said in a joking manner)
Ask directly about suicide. Talking about suicide does not put the idea in someone's head and usually they are relieved. Asking directly and using the word "suicide" establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk about suicide.	
I care about you too much to keep a secret like this. You need help and I am here to help you get it.	Don't worry, I won't tell anyone. Your secret is safe with me.
Don't promise secrecy. The person may say that they don't want you to tell anyone that they are suicidal. You may be concerned that they will be upset with you, but when someone's life is at risk, it is more important to ensure their safety.	

Each Mind Matters California's Mental Health Movement
 10000 Wilshire Blvd, Suite 1000, Beverly Hills, CA 90210
 www.eachmindmatters.org

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 10000 Wilshire Blvd, Suite 1000, Beverly Hills, CA 90210

Each Mind Matters
 California's Mental Health Movement

Page 1 of 1

Social Media Guide

- May is Mental Health Matters Month and lime green is the national color of awareness. Show us how you are incorporating lime green in May.  your photos with us and get your lime green gear at EachMindMatters.org.

- Social media can be a powerful tool to initiate change. Watch our quick video with helpful tips on ways to use your social media channels to be a part of the mental health movement.

<https://vimeo.com/134363573>



Each Mind Matters Social Media Channels

Campaign Hashtags: #EachMindMatters
#MillionsLikeMe

 Instagram: [Instagram.com/EachMindMatters](https://www.instagram.com/EachMindMatters)

 Facebook: [Facebook.com/EachMindMatters](https://www.facebook.com/EachMindMatters)

 Twitter: [@EachMindMatters](https://twitter.com/EachMindMatters)

- Wear the “Twibbon” on your social media profile picture. You can easily add a “Twibbon” from: <http://twibbon.com/Support/each-mind-matters>
- RT to let others know they aren’t alone if they ever need to talk. Being open and honest is the best way to end stigma!
[#EachMindMatters](https://twitter.com/EachMindMatters)
- Show your support for Mental Health Matters Month and [#EachMindMatters](https://twitter.com/EachMindMatters) wherever you are by using the hashtag [#MillionsLikeMe](https://twitter.com/EachMindMatters)

More content to share- Videos!

What is stigma?

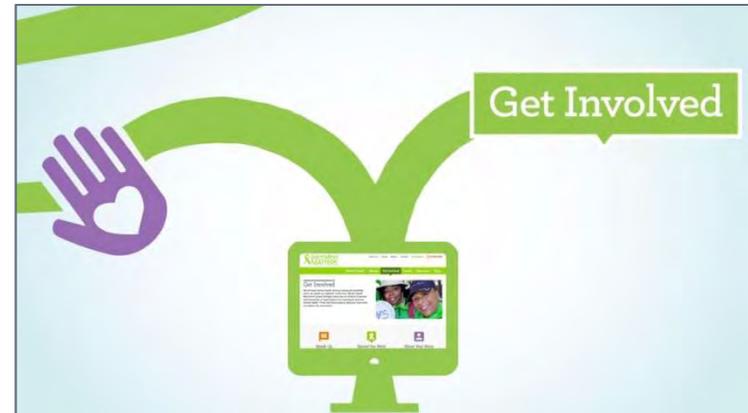
<https://vimeo.com/145923301>

How to start a conversation on social media: <https://vimeo.com/134363573>

What is

EMM? <https://vimeo.com/128939915>

How to start a conversation about mental health: <https://vimeo.com/129273542>





May is Mental Health Matters Month



Placer County Network of Care added 2 new photos.
May 13, 2016 · 🌐

May is Mental Health Matters Month! The campaign Each Mind Matters focuses on reducing the stigma of mental illness and improving mental health outcomes for individuals, families, and communities. Stop by our booth tomorrow and learn more information about mental health resources that are featured on the Placer Network of Care!



Like Follow Share ...



San Bernardino County Department of Behavioral Health
May 11 at 2:07pm · 🌐

Thank you San Bernardino One Stop Transitional Age Youth Center for supporting May Mental Health Month! #mhm2017



Like Comment Share

👤 12

San Bernardino County Department of Behavioral Health
@sdbdh

Home

About

Email Signup

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Photos

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Likes

Notes

Posts

Videos

Create a Page



May is Mental Health Matters Month



It's Up to Us

@up2sd

Home

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Welcome Page

Likes

Up2SD
Pinterest

Up2SD
YouTube

Posts

Create a Page

Like Follow Share ...

It's Up to Us
May 7 at 12:30pm

Show your support for Mental Health Month by sharing this post!
#StepUpSunday #MentalHealthMonth



San Luis Obispo
County
Behavioral
Health
Department
@slobehavioralhealth

Home

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Posts

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Create a Page

Like Follow Share ...

Write a comment...

San Luis Obispo County Behavioral Health
Department added 15 new photos.
May 10 at 12:00pm

Thanks to everyone who made it out to Bike Breakfast this morning! We hope you enjoyed your ride to work today. Let's continue biking and spreading the word about mental health awareness! #MentalHealthMonth #SLOBHD #BikeMonth



Like Comment Share

9



- 2018 -



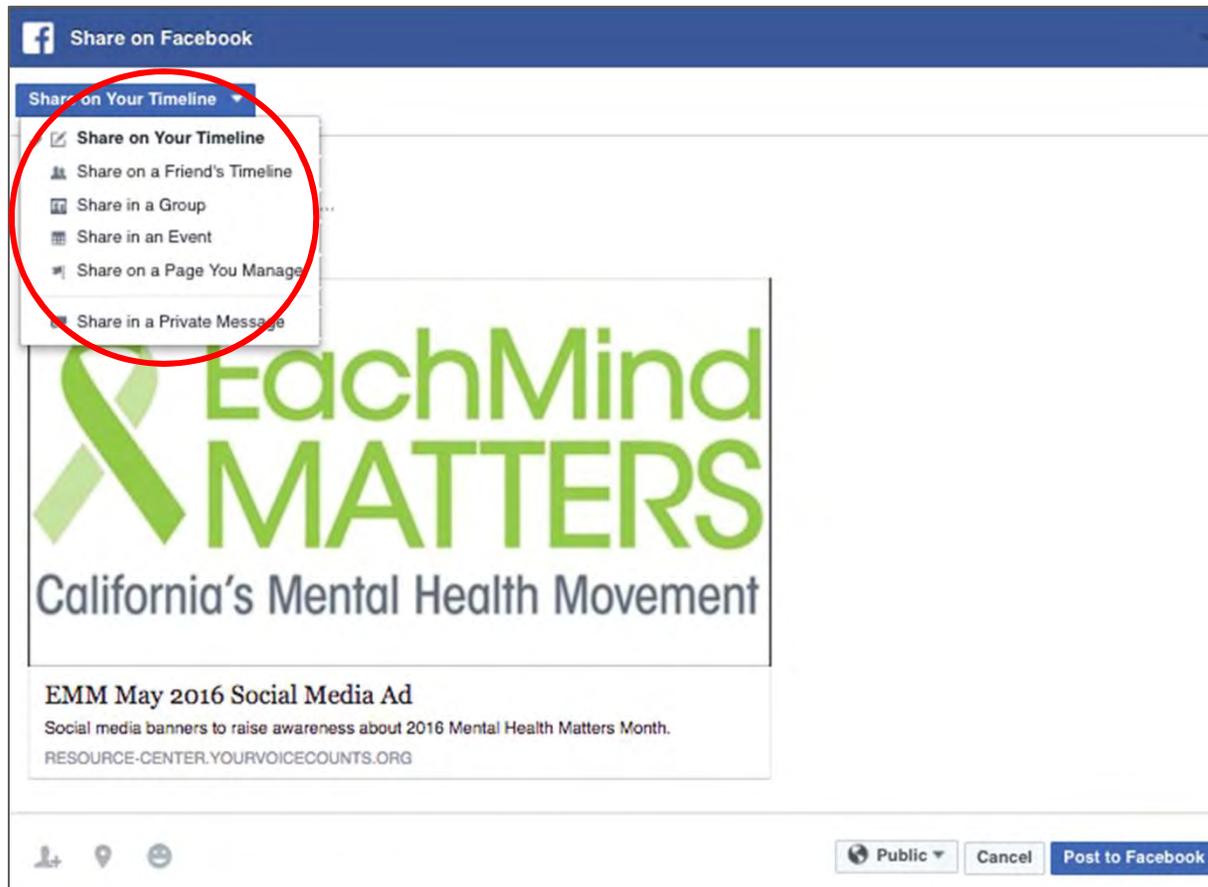
MY GREEN IS LIME GREEN SOCIAL MEDIA CONTEST



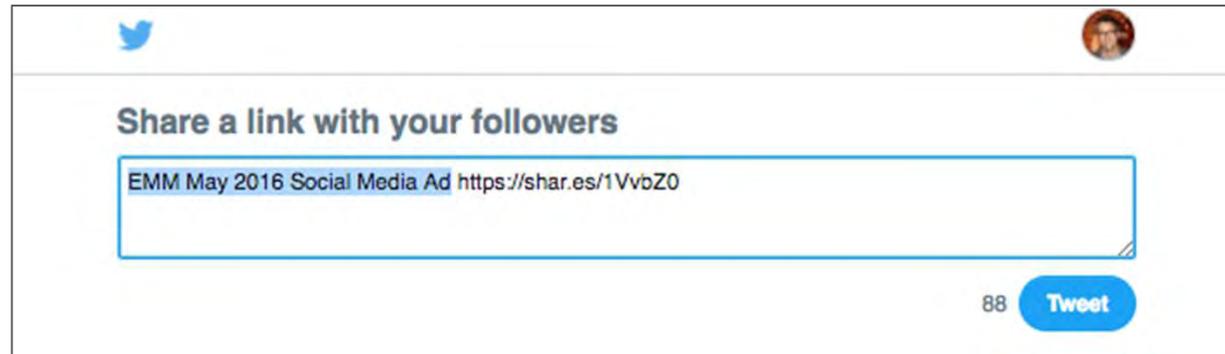
SHOW US WHAT LIME GREEN
MEANS TO YOU WITH THE
HASHTAG, #WEARLIMEGREEN!



Best Practices for Sharing on Facebook



Best Practices for Sharing on Twitter



- Be clear and concise (140 characters)
- Try to keep your tweet at 120 characters so people can easily share it with minor tweaks.
- Use hashtags that people can search with content associated with it (ex: #EachMindMatters and #mentalhealth).
- Add up to two hashtags per tweet as appropriate.
- Mention other people or organizations you want to notify of the tweet (@EachMindMatters)

Each Mind Matters Toolkit – Mental Health Awareness Month

Each Mind Matters Social Media Channels

Campaign Hashtag: #EachMindMatters

 Instagram: [Instagram.com/EachMindMatters/](https://www.instagram.com/EachMindMatters/)

 Facebook: [Facebook.com/EachMindMatters](https://www.facebook.com/EachMindMatters)

 Twitter: [@EachMindMatters](https://twitter.com/EachMindMatters)





May is
Mental Health Matters Month

Q&A





HEALTH EDUCATION COUNCIL

PROMOTING HEALTHY COMMUNITIES



HEALTH
EDUCATION
COUNCIL





Who is the Health Education Council?



- The Health Education Council is a 501(c)(3) nonprofit organization dedicated to cultivating health and well-being in underserved communities by leveraging the power of collaboration.





ogram

Main Services



🎗️ May 2018 at Ventanilla de Salud

- Spotlight on Mental Health Awareness during Consulate outreach
 - May 7th health fair – Champion guest presentation
 - Integrate physical activity to daily outreach with connection to self-care and mental health
 - Staff, intern, and provider trainings
- State Capitol event and Mobile Consulates



🎗️ Tips for SanaMente Outreach

- Involve partners, interns/volunteers
- One spotlight day – Mental Health Awareness
- Reach people where they naturally congregated
 - Faith-based locations
 - Schools
 - Sacramento Food Bank





HEALTH
EDUCATION
COUNCIL



Cynthia Lopez-Foltz
Program Director
cfoltz@healthedcouncil.org

Lupita Rodriguez
Program Administrator
lrodriguez@healthedcouncil.org



May is
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Q&A



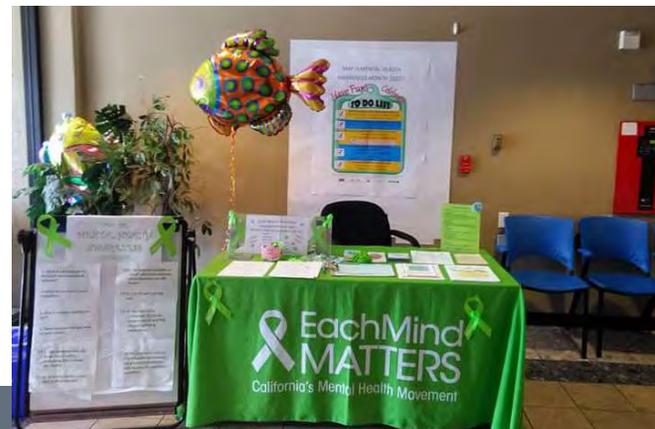
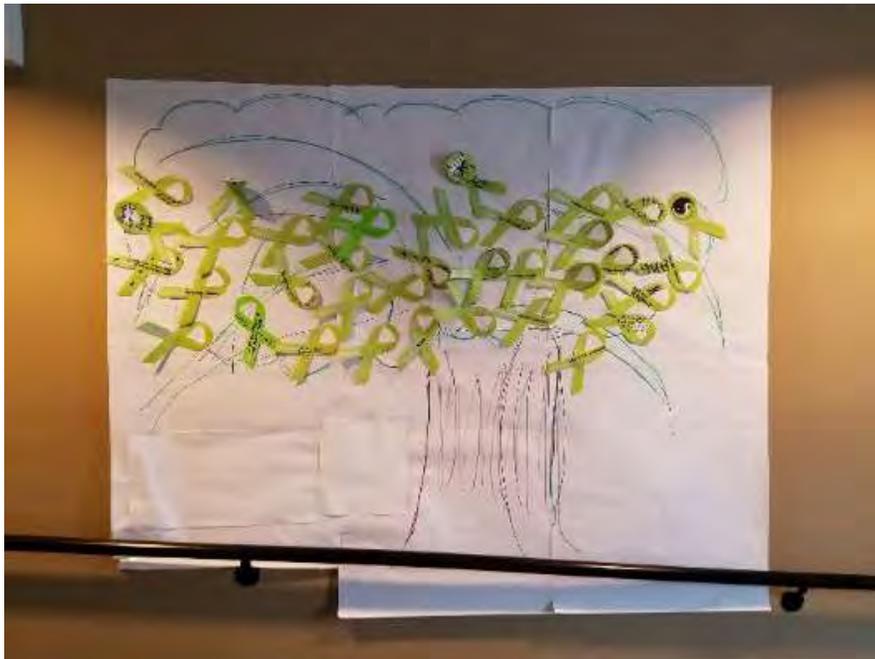


May is
Mental Health Matters Month

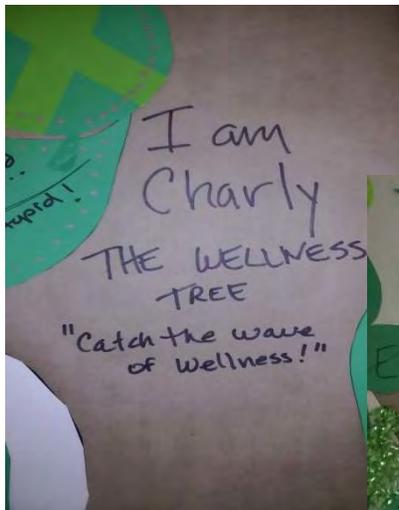
Do you have any past or planned activities you would like to share?



San Francisco County



Orange County



Orange County

Mental Health Matters Month Messages Resonate Countywide

The voices of everyone who wanted to put an end to stigma were amplified throughout Orange County through a first-of-its-kind social media campaign to #UpliftOC during Mental Health Matters Month last May.

A variety of County agencies/departments, Orange County hospitals, non-profits and individuals were inspired to join us using the hashtag #UpliftOC on their social media accounts. We collectively shined

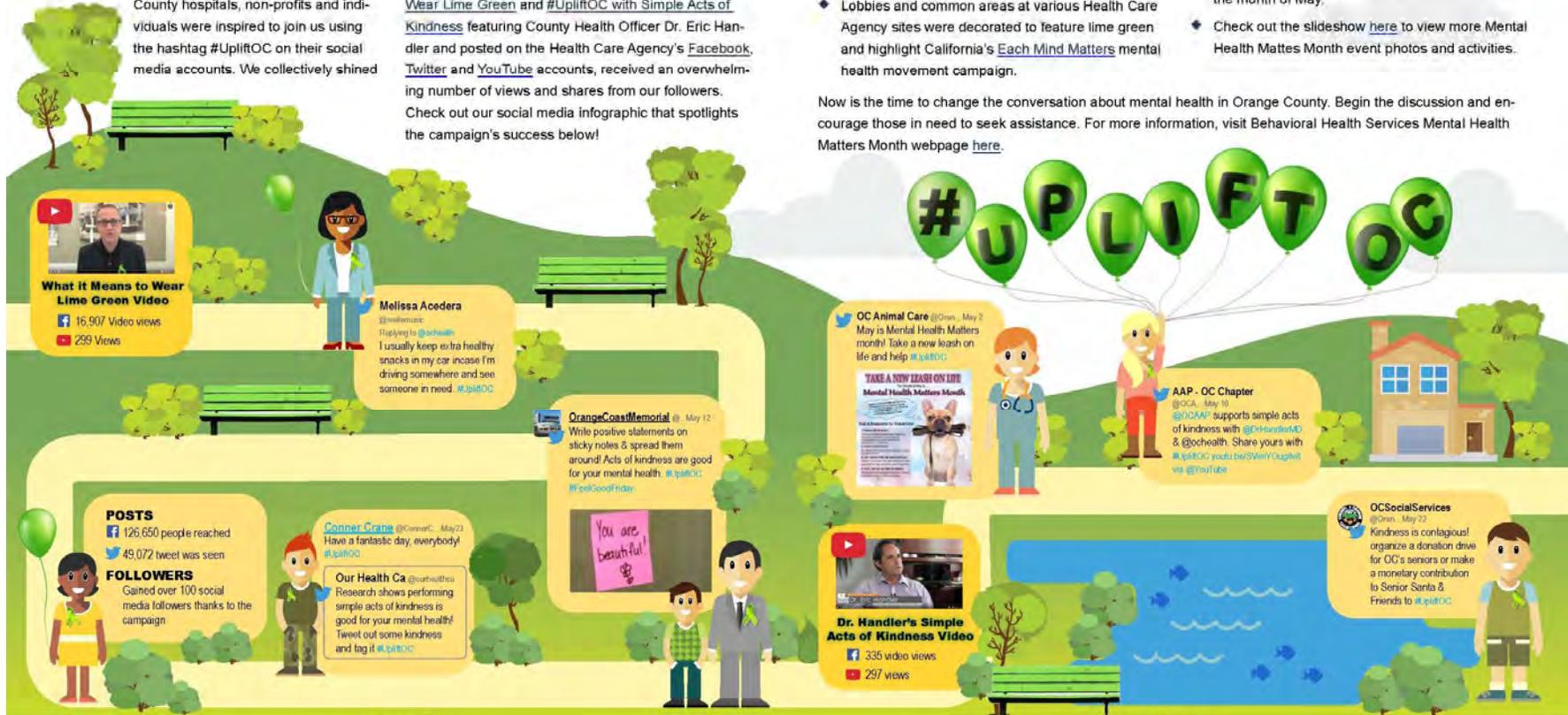
the spotlight on simple behaviors community members can implement in their everyday lives to positively lift the spirits of friends and loved ones while simultaneously improving their own mental health and wellbeing.

Two unique videos that we created [What it Means to Wear Lime Green](#) and [#UpliftOC with Simple Acts of Kindness](#) featuring County Health Officer Dr. Eric Handler and posted on the Health Care Agency's [Facebook](#), [Twitter](#) and [YouTube](#) accounts, received an overwhelming number of views and shares from our followers. Check out our social media infographic that spotlights the campaign's success below!

Here are more highlights celebrated during the month:

- ◆ Lime green the color for mental health awareness was seen throughout Orange County with the distribution of 31,193 green wristbands and 21,148 green ribbon pins to 62 different providers.
- ◆ 22 HCA worksites and programs engaged participants by having clients take part in ribbon wall activities to open conversations about mental health.
- ◆ Lobbies and common areas at various Health Care Agency sites were decorated to feature lime green and highlight California's [Each Mind Matters](#) mental health movement campaign.
- ◆ Schools throughout Orange County incorporated educational activities in their classrooms or lunch-time by pledging to improve mental wellness through poster creation and open communication using lime green ribbons or wristbands to start a dialogue.
- ◆ 64 events were hosted by community providers and partners that took place countywide all throughout the month of May.
- ◆ Check out the slideshow [here](#) to view more Mental Health Matters Month event photos and activities.

Now is the time to change the conversation about mental health in Orange County. Begin the discussion and encourage those in need to seek assistance. For more information, visit Behavioral Health Services Mental Health Matters Month webpage [here](#).



#UPLIFT OC

What it Means to Wear Lime Green Video
 16,907 Video views
 299 Views

Melissa Acodera
 @melissac
 Replying to @gohealth
 I usually keep extra healthy snacks in my car incase I'm driving somewhere and see someone in need. #upliftOC

OrangeCoastMemorial @ May 12
 Write positive statements on sticky notes & spread them around! Acts of kindness are good for your mental health. #upliftOC #PostGoodFinds

OC Animal Care @OCAC May 2
 May is Mental Health Matters month! Take a new leash on life and help. #upliftOC

OC Animal Care
 TAKE A NEW LEASH ON LIFE
 Mental Health Matters Month

AAP - OC Chapter
 @OCA May 10
 @OCAOC supports simple acts of kindness with @Dr-HendrixMD & @gohealth. Share yours with #upliftOC youtube/SVWYUuplift via @YouTube

OC Social Services
 @OCSS May 22
 Kindness is contagious! organize a donation drive for OC's seniors or make a monetary contribution to Senior Santa & Friends to #upliftOC

Dr. Handler's Simple Acts of Kindness Video
 335 video views
 297 views

POSTS
 126,650 people reached
 49,072 tweet was seen

FOLLOWERS
 Gained over 100 social media followers thanks to the campaign

Conner Crane @ConnerC May 23
 Have a fantastic day, everybody! #upliftOC

Our Health Ca @ourhealthca
 Research shows performing simple acts of kindness is good for your mental health! Tweet out some kindness and tag it #upliftOC

You are beautiful



Siskiyou County

Siskiyou County posted lime green ribbons in their Adult and Children's System of Care offices and the Six Stones Wellness Center created a display, in the shape of a Heart.



Kings County



ALL OF US
have a reason to speak up.

EachMindMatters.org

 behavioral health

 EachMindMATTERS
California's Mental Health Movement

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

 **May is Mental Health Matters Month**
EachMindMatters.org

 behavioral health

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San Diego County

TORREY PINES HIGH SCHOOL



EACH MIND MATTERS



Call: 1-800-273-TALK or
Text: "HOME" to 741741

MAY IS MENTAL HEALTH MONTH



 If you or someone you care about is in emotional crisis and needs immediate help,
Call the San Diego Access and Crisis Line:
(888) 724-7240

Mental Health Month

Mental Health Matters!
Throughout the month of May, people from San Diego and across California will come together to spread awareness about the importance of mental health.

If you support Mental Health Awareness

[Click Here](#)

Link Up: Help and support are available.
For information and mental health resources, visit Up250.org



Humboldt County



Celebrating National Children's Mental Health Awareness Day
Eureka Theater
Saturday, May 6

Youth Film
Directing Change
Free Screening

Come see film and act
from Humboldt County youth.
These young filmmakers created films to change the conversation about suicide, prevention and mental health at their schools and in their communities.

Featuring
Arts and Quilts from the Hope Center
Redeem Your Brain
poster winners

Also Hosting
Boys and Girls Club Teen Court
Second Chinese Art Show

During Arts Alive!
Saturday, May 6 from 6 to 8 p.m.
Red Carpet and Screening
The Eureka Theater, 612 F St., Eureka





Amador County

May 2017 ~ Mental Health Matters Calendar of Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Live Well Be Well 	1 Take Time for You Today - Breathe, Walk Mindfully, Smile and Laugh	2  Amador Visit NAMI @ www.namiamador.org www.facebook.com/NAMIAmador	3 Unless someone like you cares a whole awful lot, nothing is going to get better. It's not - Dr Seuss	4  National Children's Mental Health Awareness Day	5 Talk to your child about Mental Health LGBTQ Group @Hein & Co Books 4:00-5:30	6 NAMI Walk - San Science Saturday Pine Grove Elementary 10-2 Run for Rory Suicide Prevention Walk
7 Take A Yoga Class Prepare a Meal with Fresh Produce from your Local Farmers Market	8 Life Works Mental Health Self-Empowerment Workshop @Sierra Wind 9-12	9 BOS Proclamation What is Schizophrenia? Use Family Resource Center 9:30-11:00 www.nexusyfs.org	10 Wellness Table @HHS Grandparent Cafe HNSA Rm E 9:30-11:30 What is Schizophrenia? Upcountry Community Center 2:00-4:00	11 When 'I' is replaced by 'We' even illness becomes Wellness What is Schizophrenia? Comanche Lake Community Center 12:00-2:00	12 Visit Sierra Wind Wellness and Recovery Center 10254 Argonaut Ln Jackson ~ 223-1956	13 Labyrinth Walk - Healing Arts Fair - Amador City Promotours @Jone Homecoming 5-7
14 Did you know May is also Maternal Mental Health Month? 	15 Post Partum Support International 1-800-944-1773 Free 5 Amador 257-1092 	16 Songs - The Heartbeat of Wellness Drumming Event 9:30 @First 5 Amador Tribal TANF 257-6150	17 Wellness Table @HHS Come to Behavioral Health to participate in the Green Ribbon Wellness Walk	18 Visit your local Library and Read a Book Go to the Senior Center for lunch	19 Perinatal Basics LGBTQ Group @Hein & Co Books 4:00-5:30	20 
21 	22 Life Works Mental Health Self-Empowerment Workshop @Sierra Wind 9-12	23 NAMI Guest Speaker Margaret Blair -Service Animals-Saner Amador Hospital 5:30	24 Wellness Table @HHS Stand Up to Stigma Let's Talk About Mental Health MH Matters Day - Sac	25 Reach out to someone that may be feeling sad, anxious or lonely	26 Mental Health First Aid Training-Free! Upcountry Community Center 9-5 UCC - 296-2785	27 
28 Be Courageous 	29 People are more than their Diagnosis	30 	31 ~ amador transit Take a Ride on the Transit-Gat to know your county and community 267-9395	Amador County Behavioral Health 223-6412 	ATCAA 223-1485 ATCAA.org	Save the Date! Summer Splash Wellness Day @Sierra Wind 6/29/17

Run For Rory: Amador County's 1st Annual Suicide Awareness Walk

May 6 

Today was a huge success! Thank you to everyone who came, donated, helped, gave moral support, etc. It couldn't have happened without you. A huge thanks to Operation Care Amador County, Amador Mental and Behavioral Health, and Margaret Made Photography for being troopers so early in the chilly weather, and capturing some pretty cool moments.

Until next year 



Like  Comment





May is
Mental Health Matters Month

Q&A



 Please share!

Mental Health

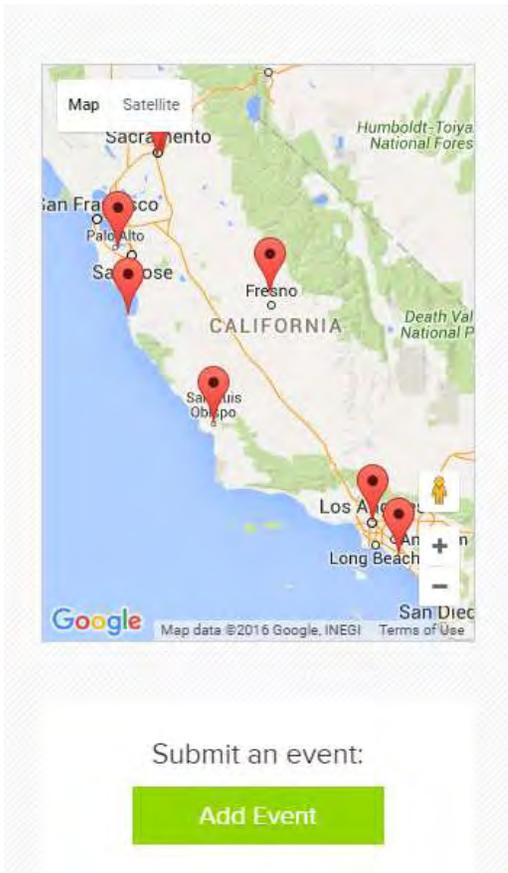
Stories

Get Involved

Events

Resources

Blog



If you are hosting a public event, add it to the **Each Mind Matters** events page to attract a larger audience!

<http://www.eachmindmatters.org/events/>

To order ribbons, T-shirts and other educational resources and wearable outreach items visit the EMM Store.

www.eachmindmatters.org/store

Save the date!

Directing Change Award Ceremony and Screening May 22nd

Tuesday, May 22, 2018 | 11-2 p.m.
Los Angeles County

The 6th annual **Directing Change** Award Ceremony will be hosted at Historic Theatre at the Ace Hotel and will include a red carpet reception, films screening and award ceremony. To RSVP visit: www.directingchange.org



Mental Health Matters Day CALIFORNIA STRONG!

MAY 23, 2018
9:30am - 2pm

www.mentalhealthmattersday.org/

Save the date!

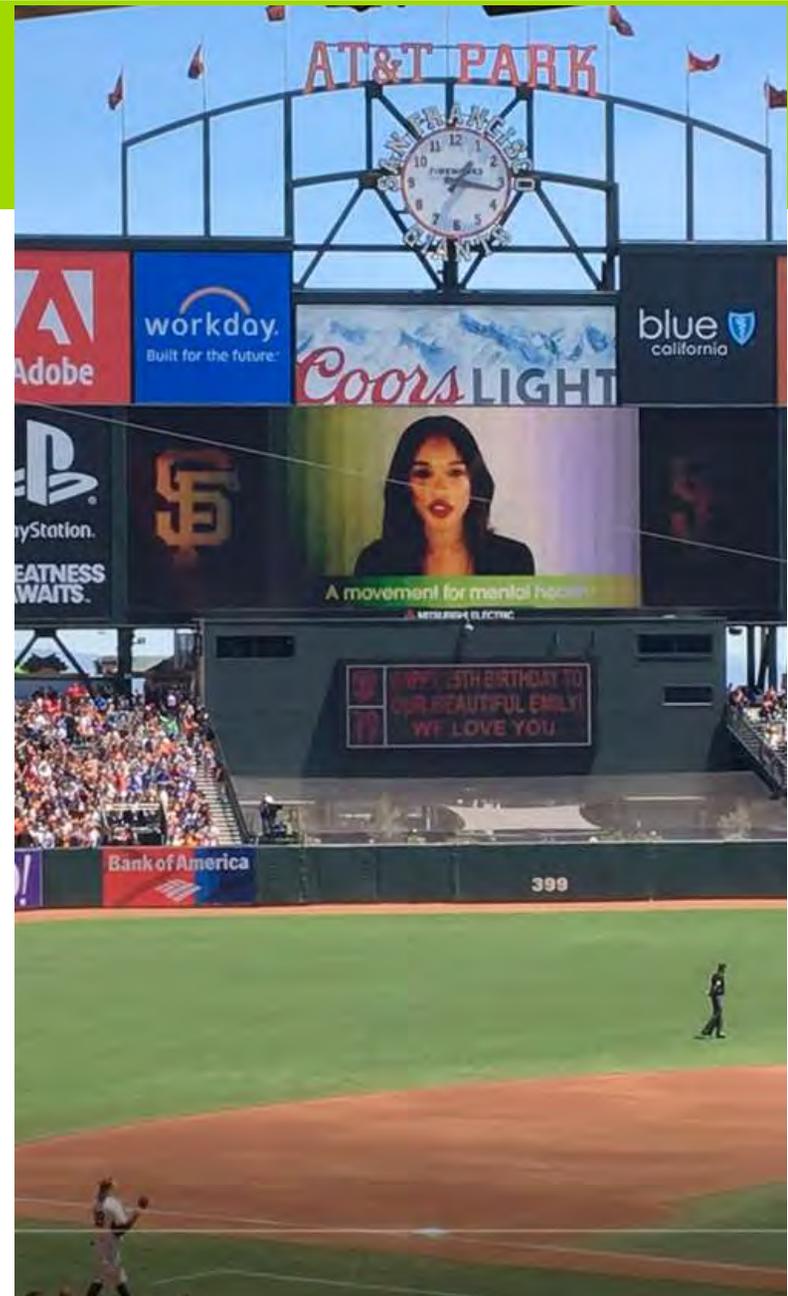
Each Mind Matters at the Giants Game May 2nd

May 2, 2018 | 12:45 p.m.

AT&T Park

For tickets in the Each Mind Matters section:

<https://groupmatics.events/event/Eachmindmatters>



To find out about other upcoming events visit:
<http://www.eachmindmatters.org/events/>



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Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

Search Our Resources

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Mental Health Awareness Week Toolkit

A toolkit with resources for Mental Health Awareness Week.

[Explore >](#)



www.emmresourcecenter.org/



Explore Our Initiatives



Each Mind Matters

California's Mental Health Movement.

[EXPLORE >](#)



Know the Signs

Pain isn't always obvious. Suicide is preventable.

[EXPLORE >](#)



SanaMente

Movimiento de Salud Mental de California

[EXPLORE >](#)



Directing Change

A student film contest that focuses on suicide prevention and mental illness.

[EXPLORE >](#)



Walk In Our Shoes

An educational campaign that teaches children about mental health.

[EXPLORE >](#)



Ponte en Mis Zapatos

Una campaña educativa que enseña a los niños de la salud mental.

[EXPLORE >](#)



Browse Collections

Women's History Month

Celebrate Women's History Month with these resources.



Children

Support the child in your life with these tools and resources.



LGBTQ Pride

Raise awareness and celebrate LGBTQ pride with these resources.



Higher Education and Faculty

Check out available resources for those working in higher education.



Suicide Prevention Week

Take the time to learn what to do so you're ready to support someone when it matters most.



Black History Month

Celebrate the achievements of African Americans in the U.S.





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Keyword(s)

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Resource Type

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- Outdoor Advertisements
- Outreach Materials
- Posters and Brochures
- Presentations
- Press Materials
- Radio
- Toolkits
- TV
- Videos

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DISPLAYING 1 - 10 OF 401

1 2 3 4 5 6 7 8 9 ... >> Last »



2014 Judge Impact Evaluation Report >

A report highlighting the positive effects of training influencers in safe messaging techniques while judging student submissions for the Directing Change film competition.

[Directing Change, Influencers, Young Adults, Stigma and Discrimination Reduction, Suicide Prevention, English, Data and Reports](#)



2014 Outcome Statement >

An overview of the impact of the 2014 Directing Change youth film competition.

[Directing Change, Influencers, Young Adults, Stigma and Discrimination Reduction, Suicide Prevention, English, Data and Reports](#)



2014 School Impact Evaluation Report >

A report on the student and teacher survey disseminated

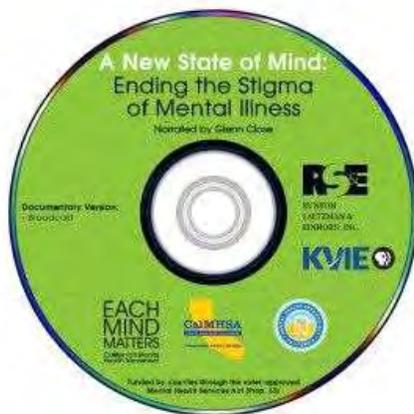
Shop

The Each Mind Matters Shop provides promotional and educational materials for supporting California's Mental Health Movement. If you would like to order materials with a Purchase Order, please [review the Purchase Order Process](#). If you have any questions about your order or the Shop, please contact Store@EachMindMatters.org.

Your purchase helps fight stigma in your community! All proceeds from the Each Mind Matters store go to support mental health outreach and education across California.



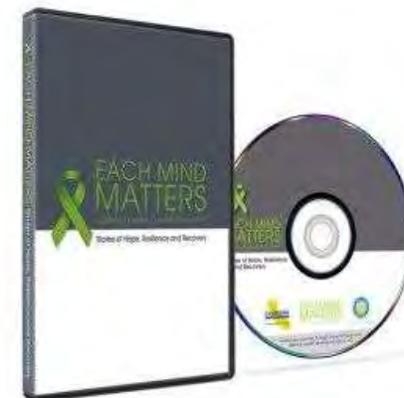
www.eachmindmatters.org/shop



“A New State of Mind”
Documentary DVD Toolkit



“Be True and Be You” Booklet for
LGBTQ Teens



“Stories of Hope, Resilience and
Recovery” Vignette DVD

Get involved at eachmindmatters.org

SanaMente.org

ElSuicidioEsPrevenible.org

PonteEnMisZapatos.org

BuscaApoyo.org



EachMindMatters.org

EMMresourcecenter.org

SuicideisPreventable.org

YourVoiceCounts.org

WalkinOurShoes.org

DirectingChange.org

 Twitter: @eachmindmatters

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Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Mental Health

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Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



Spread the Word

Learn more about the movement and get tools to help inform others.

[More](#)





Evaluation Survey and Ordering Materials

If you are interested in requesting any of the following items, please make sure to fill out the post-survey provided after this webinar presentation.
(Limited supply)

- Ribbon Wall Ribbon and Instruction Poster
- Pin Ribbons
- Message Cards





Thank you!

To access the toolkit online:

<http://www.eachmindmatters.org/get-involved/spread-the-word/>

