Let’s Talk About Mental Health

Walk In Our Shoes reaches kids with positive mental health messages to encourage empathy and allow for more people to seek help when it’s needed.

The Walk In Our Shoes campaign uses real stories from teens and young adults to teach youth about mental health challenges and mental health wellness.

Stigma COMES FROM LACK OF KNOWLEDGE ABOUT MENTAL HEALTH

50% OF ALL MENTAL ILLNESSES BEGIN BEFORE AGE 14

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VISIT WALKINOURSHOES.ORG
También disponible en español en ponteenmiszapatos.org

- Information on Mental Health Challenges
- Myths vs Facts
- Giving and Getting Help
- Animated Video Stories
- Create Your Own Shoe Gallery
- Parent and Teacher Resources