We are a community of individuals and organizations dedicated to a new understanding of mental wellness and equality, starting here in California. Early support and help for mental health challenges can reduce suffering and save lives. We all have mental health; our minds deserve the same respect as our bodies.

Lime green has emerged as the national color of mental health awareness, and EACH MIND MATTERS has adopted this vibrant color - symbolic of vigorous life and flourishing health - to represent our efforts to overcome the stereotypes, stigma, and discrimination associated with mental illness. Wear the lime green ribbon to take the movement everywhere you go.

Nearly 9 out of 10 Californians who are experiencing a mental health challenge have been discriminated as a result. (California Well-Being Survey, 2015, RAND Corporation)

An average of 6 to 8 years passes after the onset of symptoms of a mental health challenge before many people actually reach out for help. Often, this hesitation to seek help is the result of the stigma that surrounds our notions of mental health, as well as the fear and pain of discrimination associated with these beliefs.

Join us and learn more at EachMindMatters.org

Speak Up!
Now is the time to change the conversation.

Each Mind Matters wants more people engaging in the conversation about mental health in a new way. One way you can do this is by sharing your LIME GREEN STORY.

Lime Green Story
It’s not just what you say, but how you say it...

By sharing your story, you let others know that it’s okay to talk about mental illness - in talking openly, we offer each other support and can break down the barriers that prevent people from seeking help.

Tools You Can Use
We’ve got everything you need to get started.

EachMindMatters.org has many resources ready for use, from messages and toolkits to stories of recovery and promotional items to help share the message.