

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.



Stigma

COMES FROM
LACK OF
KNOWLEDGE
ABOUT MENTAL HEALTH

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.

50% OF ALL MENTAL ILLNESSES
BEGIN BEFORE AGE 14

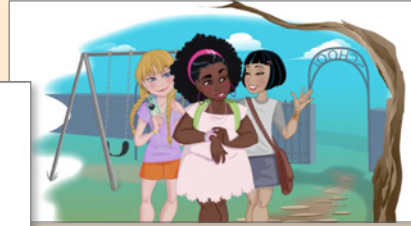
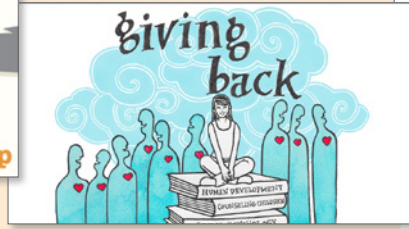
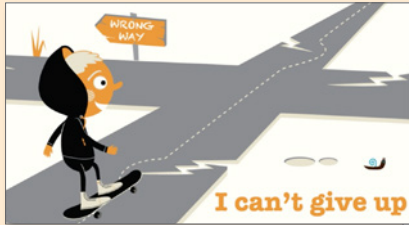


WALKINOURSHOES.ORG

 **EachMind
MATTERS**
California's Mental Health Movement



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



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

