



What is Each Mind Matters?

Each Mind Matters is California's Mental Health Movement.

We are a community of individuals and organizations dedicated to a shared vision of mental wellness and equality.

There is a place for you as part of Each Mind Matters.

Why does Each Mind Matter?

We all have mental health. Our minds deserve the same attention as our bodies.

Stigma is a barrier to mental wellness. It creates fear, pain and injustice that stop people from reaching out for help when they need it.

Early support and help for mental health challenges can reduce suffering and save lives.

Each Mind Matters opens hearts and minds to a new understanding of mental wellness for all.

How can I be a part of Each Mind Matters?

Join us at the Capitol in Sacramento on May 13, 2014 for [Mental Health Matters Day!](#)

Individuals:

We need your voice to be part of this conversation. Here are easy ways to take action and make change:

- Wear a lime green ribbon – It's a conversation starter! Lime green is emerging as the national color for mental health awareness.
- Write a personal pledge at [EachMindMatters.org](#) and sign up to receive Each Mind Matters movement updates.
- Share your Lime Green Ribbon Story, either in person, in public or online at [EachMindMatters.org](#).

Organizations:

Be part of the movement! There are many ways to seamlessly integrate Each Mind Matters with your work:

- Feature the lime green ribbon, Each Mind Matters partner logo and EachMindMatters.org on your website, materials and at events. [Visit EachMindMatters.org for logos and style guide.](#)
- Order lime green ribbons and other Each Mind Matters items for distribution to your audiences. Email info@EachMindMatters.org to place an order, or with any questions.
- Contribute to the Each Mind Matters blog with news of your latest accomplishments and innovations. Use the online Contact form at [EachMindMatters.org/Contact-Us](#).