



Public Service Announcement Script

MESSAGE #1	“My name is _____ and I believe each mind matters.”
MESSAGE #2	<p>A movement is growing. A movement for mental health. It includes millions of people, like me. * Who are ready to create change. Because half of us will experience a mental health challenge. But no one is alone. We all have mental health. Sometimes we are okay and sometimes we need support. And when support is needed, it’s okay to reach out. Because people can and do get better. And we make it possible by: Speaking up; Being open and honest; Living stigma free. Hope starts with me. This is the mental health movement. Join us.</p> <p>*In the PSA the word “me” will repeat multiple times with multiple people.</p>

