Mental Health Awareness Week Toolkit October 4–10, 2015

Thank you for being a part of Mental Health Awareness Week!

Throughout the week, people from across California will come together to spread awareness about the importance of mental health and show their support for the issue.

This toolkit is designed to help counties and Community Based Organizations (CBOs) to conduct Mental Health Awareness activities locally.

The toolkit includes:

- Ribbon Wall Activity
- Event Planning Guide
- Activity Ideas
- Social Media Guide
- Mental Health Awareness Week Poster
- Each Mind Matters Poster
- Youth Poster

Note that most of the materials listed above can also be found and downloaded at EachMindMatters.org.

Resources for media will also be available to use alongside Mental Health Awareness Week activities. Look for these resources in your monthly Each Mind Matters email and newsletter.

Post pictures from throughout the week on social media and mention Each Mind Matters in your comments or send them to the Each Mind Matters team and get featured on our social media pages! Check our social media channels to see if you have been selected to be showcased!

To further raise awareness for the week, we encourage you to vocalize your support for mental health and Each Mind Matters with your local county board of supervisors. Everyone has a role to play in the movement. Share your story and inspire others to speak up in support.

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