

# Activity Ideas

Looking for ideas to involve the people in your county, organization or community in Mental Health Awareness Week? We all have different amounts of time that we can dedicate to the cause, but every person can make a difference. Below are a range of suggestions from quick and easy all the way to making a major statement!

## On Your Coffee Break...

- Wear the “Twibbon” on your social media profile picture.
- Wear a lime green ribbon every day during the week and share what it means to you. Encourage your coworkers, friends and family to do the same.
- Link to [www.EachMindMatters.org](http://www.EachMindMatters.org) from your website.
- Feature stories, resources and information from Each Mind Matters about mental health in your organization newsletter or e-blast.

## On Your Lunch Break...

- Order a t-shirt, hat, or other Green Ribbon Gear from the Each Mind Matters store.
- Start a Facebook challenge for Mental Health Awareness Week. Challenge all your Facebook friends to wear the “Twibbon” during the week.
- Have employees rock lime green gear or decorate their workstations in lime green.
- Tie lime green ribbons to all the trees in your neighborhood, or have your neighbors or local businesses display lime green ribbons on their front doors!



## After Work...

- Help educate your community (church group, 12-step meeting, cultural group association, Rotary Club, book club, etc.) by hosting a speaker to come and talk about their experiences with mental health issues and recovery.
- Host an Each Mind Matters table at an event in your community (walk-a-thon, art festival, resource fair). Contact Each Mind Matters to get set-up.
- Write an “Op-Ed” about the facts about mental health issues in a local newspaper.
- Write a letter or email, or better yet, call your elected representatives (Board of Supervisors, State and National Representatives). Tell them how important mental health is, encourage them to continue to support initiatives like the Mental Health Services Act and Each Mind Matters. Encourage them to wear lime green ribbons or clothes and talk about their support of mental health and wellness in the press. You can even ask for a proclamation during Mental Health Awareness Week!
- Host a screening of the Each Mind Matters documentary “A New State of Mind: Ending the Stigma of Mental Illness” in your community, or ask your local theater to show the Each Mind Matters Public Service Announcements or youth produced Directing Change films before the movies. You can access these videos at [EachMindMatters.com](http://EachMindMatters.com).
- Ask your local government officials or business association to light a prominent area lime green during the week. This might be City Hall, a local monument, park, shopping mall or main street.

# Activity Ideas

## Measuring and Talking About Success!

It's inspiring to be a part of an active, growing movement like Each Mind Matters! Help inspire others at work, your funders, or others in the community by measuring and sharing the successes you have during Mental Health Awareness Week.

Not sure how to measure or share your success? Here are a few suggestions:

**Measuring “How Many”:** A basic and easy strategy for measuring success is to simply count how many people you reached with messages during the week.

- Have a sign-in sheet at your events and track the number of people that attend.
- Count how many lime green ribbons you give away in your lobby.
- Share information about Each Mind Matters and mental health on your Facebook, Twitter or other accounts and count how many shares, likes and views you get.
- Track how many green ribbons were signed during the Ribbon Wall Activity.



**Measuring “Who We Reached”:** Sometimes it's more important to reach new audiences, even if the numbers are small.

- Make an effort to go outside of your standard event locations and host an event or table in a new neighborhood at a different time of the day when a different audience is present. Note how many and what type of community members you talked with.
- Find a speaker who comes from a new, less-reached community, host an event in another language or provide Spanish-language materials from our SanaMente campaign at your next table. Note the different audiences you reached out to.

**Measuring “How it Helped”:** Success is about more than numbers, share what happened.

- Ask for quotes from participants and see if they will sign a media release.
- Pass out short, easy-to-use evaluations at your events. Offer a prize for people who take the time to fill them out.

**Sharing Success:** Report more than numbers, share widely.

- Share photos and quotes from your events on your social media channels.
- Break up reports by highlighting quotes from the people you work with, talk about new communities you connected with, add photos.
- Share it with the rest of us! Add the Each Mind Matters hashtag to all your social media posts: #EachMindMatters