



May is Mental Health Matters Month

JOIN THE MOVEMENT

Half of us will experience a mental health challenge in our lifetime. Show your support for increasing mental health awareness by participating in our **Lime Green Ribbon Pledge!**

1

Sign a paper ribbon to show that you believe Each Mind Matters.

2

Take a lime green ribbon and wear it all month.

3

Talk to your family and friends about the importance of mental health.

For more information about Mental Health Matters Month and the Each Mind Matters movement, visit

EachMindMatters.org.



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