

Each Mind Matters Lime Green Ribbon Awareness Activity

Lime green is the color for mental health awareness. Below are a few ideas to spread awareness and start conversations during Mental Health Awareness Week (October 2, 2016 – October 8, 2016) using the large lime green ribbons.




- Tie the ribbon around trees, streetlights, columns, etc. in prominent places in your community.
- Feature a lime green ribbon on the entrance or exterior of your building.
- Organize a ribbon-tying event. Invite local community members to be present when you place the lime green ribbons and hand out small lime green ribbons or wristbands for them to wear in support of mental health awareness.
- Encourage people to take selfies with the ribbons when they see them and post on social media with #EachMindMatters.
- Move your lime green ribbons to a new location each day during Mental Health Awareness Week.

We'd love to see the ways you use the large lime green ribbons! Take a photo and share with us on Facebook, Twitter or Instagram tagged with #EachMindMatters.



Each Mind Matters Social Media Channels

Campaign Hashtag: #EachMindMatters

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|  Instagram: | Instagram.com/EachMindMatters/ |
|  Facebook: | Facebook.com/EachMindMatters |
|  Twitter: | @EachMindMatters |