

Ribbon Wall Activity

We know how much you love the Ribbon Wall Activity. This year we put a new spin on the activity: give a shout out to your lime green champion! It could be anyone or anything. For example, an organization that has given you invaluable resources, a mental health professional who has helped guide you, or a loved one who has supported you along your journey. It can even be someone you've never met before but appreciate such as a celebrity who talks openly about their mental health challenges. Or how about a favorite quote, animal or item that helps you in your everyday life. Let them know they are your lime green champion.

Let's continue to grow the movement and show how together we can make a difference in mental health.

Each kit includes:

- Lime green paper ribbons
- Ribbon Wall Activity instructions

You supply:

- Markers
- Tape



Implementing a Ribbon Wall Activity can be done in four easy steps.

1

Choose a blank wall in your office or other public area with high foot traffic.

2

Identify a small table to set up next to the wall and lay out the paper ribbons, pens and tape.

3

Put the Ribbon Wall Activity poster on the wall to draw attention to the promotion. You can get it started by signing the first lime green ribbon!

4

Inform others about the Ribbon Wall – make an announcement at a staff meeting or send out the sample e-blast to members of your organization to encourage them to participate.

5

Take a photo of your lime green ribbon and upload to your social media channel. Don't forget to use @EachMindMatters and #EachMindMatters

May is
Mental Health Matters Month

Ribbon Wall Activity

Sample Paper Ribbon



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

