

 May is
Mental Health Matters Month

Who is your Lime Green Champion?

Each Mind Matters is made up of millions of individuals and hundreds of organizations working to advance the mental health movement. Take a moment to give your Lime Green Champion a shout out and add your ribbon to the wall.

It can be an organization, a person, a favorite animal or even something you carry with you to give you peace. Whatever has helped you along your journey we want to see it!



1

Sign a paper ribbon with your Lime Green Champion.

2

Place the ribbon on the wall.

3

Take a photo and upload it to your social media account. Don't forget to include **@EachMindMatters** and **#EachMindMatters**.