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.

For more information visit EachMindMatters.org