**Week prior to Oct. 2-8**

**Email Subject: Get ready for Mental Health Awareness Week**

Next week we kickoff Mental Health Awareness Week from October 2 through October 8. Millions across the nation will unite to spread awareness and show support for the importance of mental health issues.

Did you know half of us will have a mental health challenge over the course of our lifetime? Yet research shows that many people -- particularly young people -- wait a long time to get help due to fears of being labeled or stigmatized. The fact is with support and appropriate treatment people with mental health challenges can, and do, get better.

California’s Mental Health Movement, Each Mind Matters, invites you to join Californians in spreading awareness about the importance of mental health. Stay tuned for upcoming daily emails where you will learn:

* Tips on how to achieve mental health well-being
* How to create a supportive community where everyone can reach out for help
* Tools to fight the stigma surrounding mental illness

Check out this video to learn how mental health stigma affects all of us and what you can do to help change our community: <https://vimeo.com/145923301>

Also, make sure to visit the (INSERT ORGANIZATION NAME) Facebook (INSERT HYPERLINK), Instagram (INSERT HYPERLINK), or Twitter (INSERT HYPERLINK) for more activities, ideas, and tips to promote mental health in your home and community.

[Insert Agency/CBO Signature Line]