

Tips & Tools for Mental Health Matters Month

**MAY IS MENTAL HEALTH
MATTERS MONTH**

#StrengthInCommunity

 **EachMind
MATTERS**
California's Mental Health Movement

March 2019

🏳️ Introductions



Allie Delehant
Sacramento, CA



Aubrey Lara
Sacramento, CA



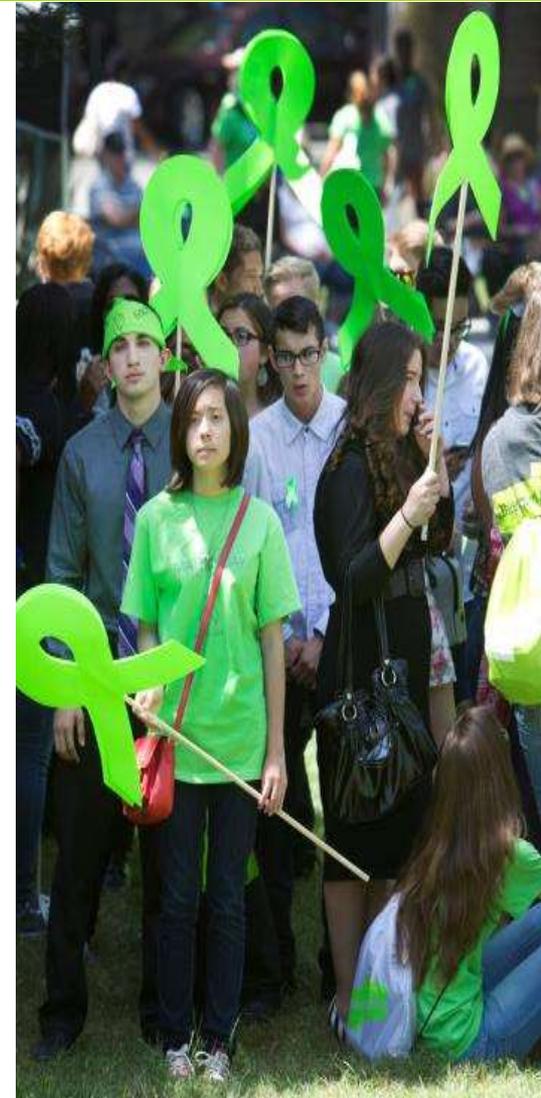
Mariana Baserga
Los Angeles, CA



Jana Sczersputowski
San Diego, CA

Each Mind Matters

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.



Welcome!

- Please mute your line
- If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel





MAY IS MENTAL HEALTH MATTERS MONTH

#StrengthInCommunity

The online activation kit will be available by the first week of April.

You will receive a copy of these slides after the webinar





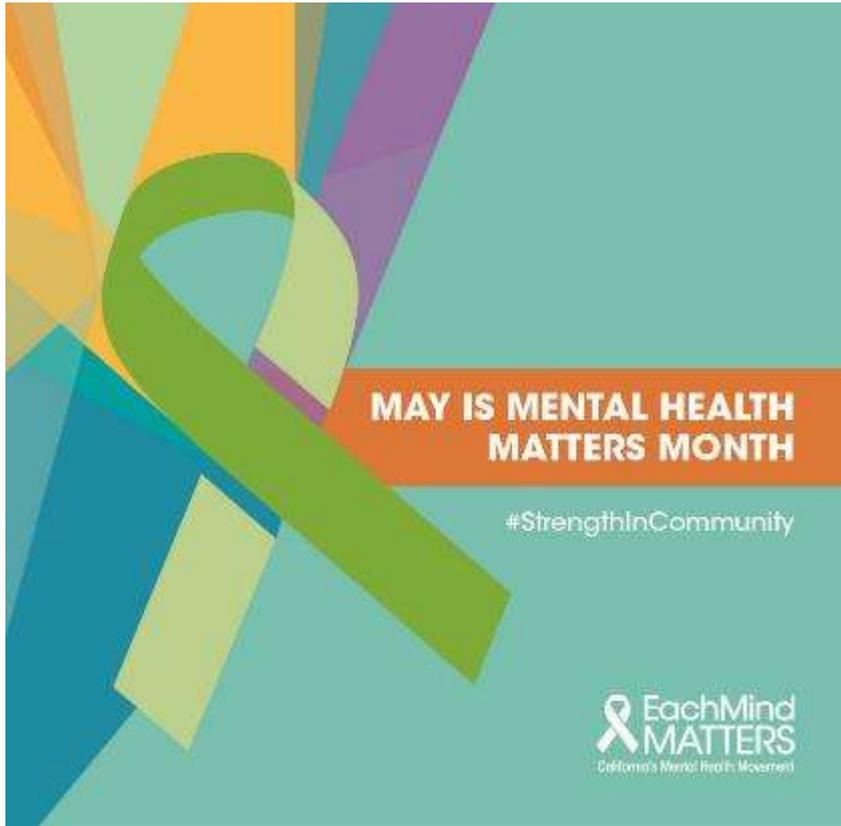
STEP UP TO THE PLATE

Step Up to the Plate

MAY 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	
5	6	7	<i>Padres</i> 8 San Diego	9	10	11
12	13	14	 15 San Francisco	16	17	18
 19 Anaheim	20	21	22	23	 24 Sacramento	 25 Oakland
26	27	28	29	<i>Dodgers</i> 30 Los Angeles	31	



2019 Theme



MAY IS MENTAL HEALTH MATTERS MONTH

#StrengthInCommunity

 **EachMind MATTERS**
California's Mental Health Movement



MAYO ES EL MES DE LA SALUD MENTAL

#FuerzaEnLaComunidad

 **SanaMente**
Movimiento de Salud Mental de California

🎗️ Fence Art Activity



FENCE ART

In this year's Mental Health Matters Month toolkit, we are debuting a *new* activity to elevate the visibility of Each Mind Matters: California's Mental Health Movement within our communities. Drawing inspiration from street art and the toolkit theme of **#StrengthInCommunity**, this fence activation is fun, easy, and will spark conversations about mental health across the state.

In your toolkit box you will find the materials you need to execute this installation:

- Lime green duct tape
- A 5"x7" postcard explaining the installation to people who are walking by
- Zip tie to secure the postcard to the fence

To complete this activity, you will need to find an area on a chain link fence that is at least a few feet wide. Be sure to get permission to use the fence for this activity! Look for a fence in an area that has a lot of foot traffic.



Once you have selected your location, visit **EachMindMatters.org/fence** for detailed instructions and templates that will show you how to place the duct tape. We have provided templates for the words Hope, Ánimo, Fuerza, and the lime green ribbon.

When you have set up your fence activation, please share photos of your fence with us! Via social media, tag **@EachMindMatters** and use the hashtags **#EachMindMatters** and **#StrengthInCommunity** so we can share your work with our followers.



MAY IS MENTAL HEALTH MATTERS MONTH

This May, Each Mind Matters: California's Mental Health Movement is supporting mental wellness through building resilience within our communities. Research shows that resilience is not a trait that people either have or do not have. It includes learned behaviors, thoughts and actions that can be developed in anyone.

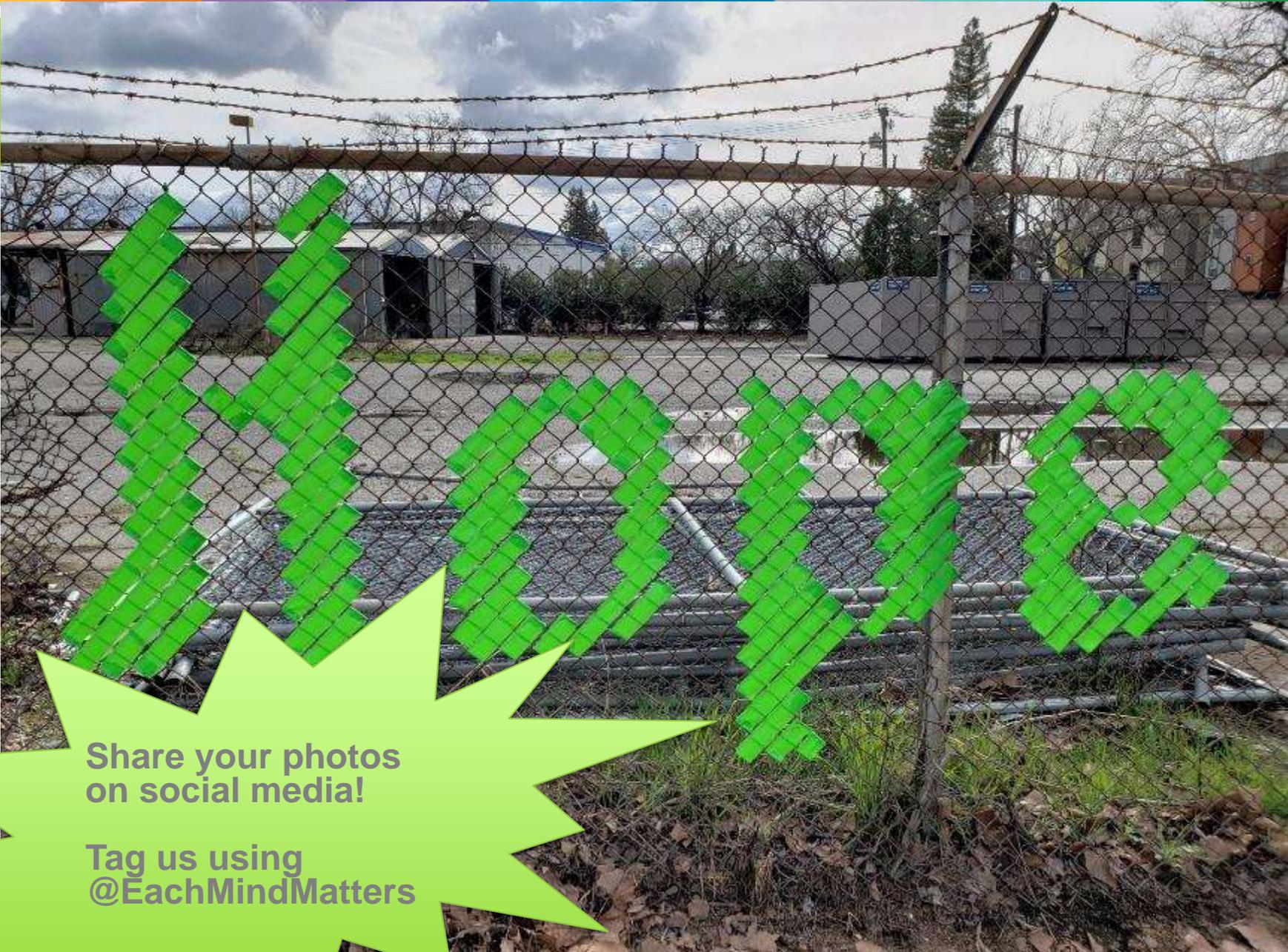
This fence installation is meant to show Californians that we are not alone, and that resilience can be found and fostered by connecting with others around us. We encourage you to find **#StrengthInCommunity**.

Follow along and post your own photos using the hashtags **#EachMindMatters** and **#SanaMente**.

@eachmindmatters
 /eachmindmatters
 #eachmindmatters

@eachmindmatters
 /eachmindmatters
 #eachmindmatters

Funded by county and state health department
 #StrengthInCommunity



Share your photos
on social media!

Tag us using
[@EachMindMatters](#)

Door Hanger Activity



Affirmation Cards



**SAY HELLO TO
SOMEONE NEW.**

It might make a difference.



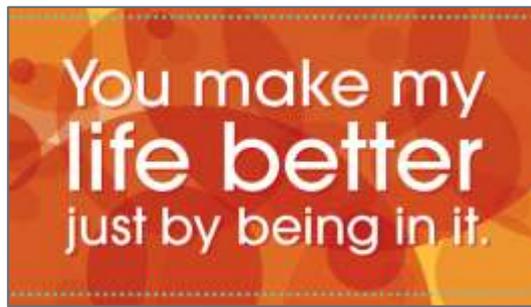
**EachMind
MATTERS**

California's Mental Health Movement

EachMindMatters.org

Need help? Call the National Suicide Prevention Lifeline
at 1.800.273.8255 or text EMM to 741741 for free
crisis counseling, 24/7.

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



You make my
life better
just by being in it.



I can. I will. *I am.*



IF YOU WANT TO GO FAST,
GO ALONE.

IF YOU WANT TO GO FAR,
GO TOGETHER



I've been there.
I'm here now.



“ Al final del día podemos aguantar mucho más de lo que pensamos que podemos.”

Frida Kahlo

QUISIERON ENTERRARNOS,
PERO NO SABÍAN
QUE ÉRAMOS
SEMILLAS.

Todos tenemos cicatrices,
todos tenemos historias.



El 50 por ciento de nosotros sufrirá de un reto de salud mental en nuestra vida. Por eso todos debemos de alzar la voz.

SanaMente.org

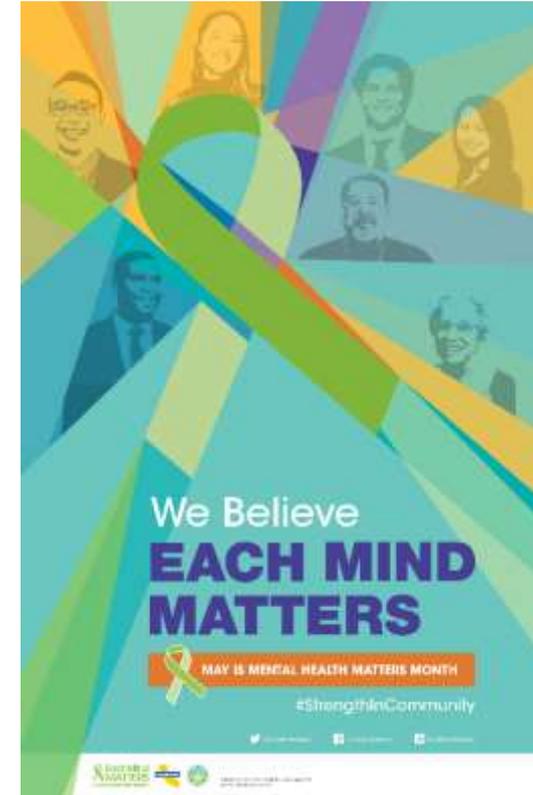
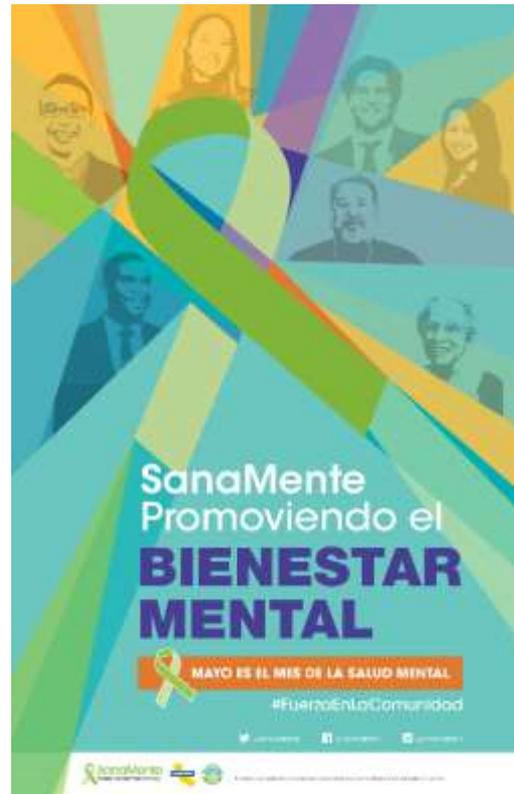
Si necesitas asistencia inmediata, llama a la Red Nacional de Prevención del Suicidio al **1.888.628.9454**.

Financiado por condados a través de la Ley de Servicios de Salud Mental (Propuesta 63), aprobada por votantes.

Estaré a tu lado... cuando necesites más apoyo.

🎗️ Additional Resources



Activation Kits

- Door Hangers
- Fence Art Activity Sheet and Postcards
- Lime Green Duct Tape
- Message Cards
- Poster and Brochure
- Green Ribbons and Wristbands



MAY IS MENTAL HEALTH MATTERS MONTH
#StrengthInCommunity

FENCE ART

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We Believe EACH MIND MATTERS
MAY IS MENTAL HEALTH MATTERS MONTH
#StrengthInCommunity

Support Guide
Mental Health Support Guide

How do you access these materials?

1

Please fill out the post survey and let us know what materials you are interested in. We have a small supply of Activation Kits available for webinar participants. (Limited while supplies last)

2

Easy to use templates to print the materials on your office computer or at your local printer are available.

3

All materials can be ordered at the Each Mind Matters Store: www.eachmindmatters.org/shop/



May is
Mental Health Matters Month

Q&A





Online materials include:

- Activation Activity
- Social Media Posts
- Email Templates
- Hand-outs



Note that these materials can be found and **downloaded** at

EachMindMatters.org/May2019

Mental Health

Stories

Get Involved

Events

Resources

Blog



Home / Shop / News / Contact / Newsletter / **Connect**

Mental Health / News / **Get Involved** / Events / Resources / Blog

Get Involved

We all face mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



Spread the Word

Learn more about the movement and get tools to help inform others.

More



Home / Shop / News / Contact / Newsletter / **Connect**

Mental Health / News / **Get Involved** / Events / Resources / Blog

Spread the Word

Each Mind Matters is growing! Each month we bring you a new set of tools to help you spread the word about mental health. This month we've got you covered with a new set of tools to help you spread the word about mental health.

Why is Mental Health Matters?

Each Mind Matters Matters! Together we can make a difference in the lives of people with mental health conditions. We are committed to providing you with the tools and resources you need to help you spread the word about mental health.

© 2019 Each Mind Matters. All rights reserved.
A 501(c)(3) Non-Profit Organization



Social Media Guide

■ May is Mental Health Matters Month and lime green is the national color of awareness. Show us how you are incorporating lime green in May.  your photos with us and get your lime green gear at EachMindMatters.org.

■ Social media can be a powerful tool to initiate change. Watch our quick video with helpful tips on ways to use your social media channels to be a part of the mental health movement.
<https://vimeo.com/134363573>



Each Mind Matters Social Media Channels

Campaign Hashtags: #EachMindMatters
#MillionsLikeMe

 **Instagram:** Instagram.com/EachMindMatters

 **Facebook:** Facebook.com/EachMindMatters

 **Twitter:** @EachMindMatters

- Wear the “Twibbon” on your social media profile picture. You can easily add a “Twibbon” from: <http://twibbon.com/Support/each-mind-matters>
- RT to let others know they aren’t alone if they ever need to talk. Being open and honest is the best way to end stigma!
#EachMindMatters
- Show your support for Mental Health Matters Month and **#EachMindMatters** wherever you are by using the hashtag **#MillionsLikeMe**

Social Media Images



More content to share - Videos!

vimeo.com/eachmindmatters

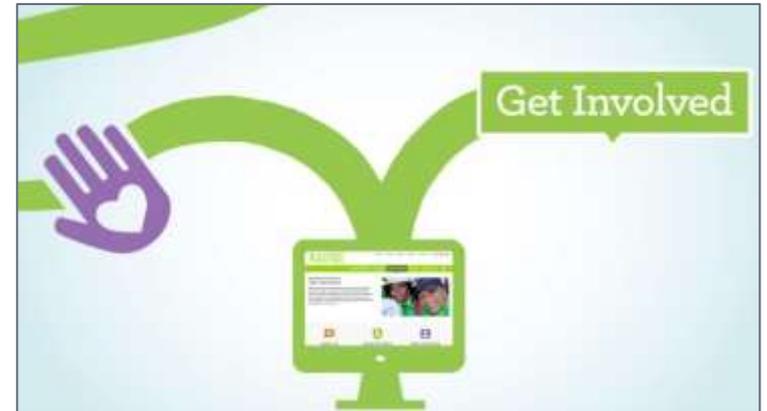
What is stigma?

<https://vimeo.com/145923301>

How to start a conversation on social media: <https://vimeo.com/134363573>

What is EMM? <https://vimeo.com/128939915>

How to start a conversation about mental health: <https://vimeo.com/129273542>





Each Mind Matters – Mental Health Awareness Month

Each Mind Matters Social Media Channels

Campaign Hashtag: #EachMindMatters



Instagram:

[Instagram.com/EachMindMatters/](https://www.instagram.com/EachMindMatters/)



Facebook:

[Facebook.com/EachMindMatters](https://www.facebook.com/EachMindMatters)



Twitter:

[@EachMindMatters](https://twitter.com/EachMindMatters)





Social Media: Examples from across the state

Lake County Suicide & Substance Prevention
Education & Training

Lake County Prevention
May 29 at 2:01 PM

Join the movement!
EachMindMatters.org

Lake County Prevention
May 24 at 4:20 PM

I can. I will. I am.

This screenshot shows the Facebook profile of Lake County Suicide & Substance Prevention. The page features a navigation menu on the left with options like Home, About, Photos, and Events. Two posts are visible: one from May 29 with a video titled 'Join the movement!' and a link to EachMindMatters.org, and another from May 24 with a video titled 'I can. I will. I am.'.

ochealth
@ochealthinfo

ochealth added an event.
April 30

Hosted by the Mental Health Association of Orange County, the annual conference will educate the community about mental health issues and provide attendees with important resources for accessing mental health care for the underserved. For registration information, visit https://mhaoc.org/?page_id=79 or call 714-547-7559. For more upcoming mental health awareness events, visit www.ochealthinfo.com/mhmmatters.

We Believe Each Mind Matters
May is Mental Health Matters Month

#EachMindMatters

WED, MAY 30
Meeting of the Minds Annual Conference
Anaheim Marriott · Anaheim

Anthony and Jeni visited this place

This screenshot shows the Facebook profile of ochealth. The page includes a navigation menu on the left and a main post from April 30 announcing an event. Below the event announcement is a large graphic with a green ribbon and the text 'We Believe Each Mind Matters' and 'May is Mental Health Matters Month'. At the bottom, there is a post for the 'Meeting of the Minds Annual Conference' at the Anaheim Marriott.



Social Media: San Luis Obispo County

COUNTY OF SAN LUIS OBISPO

County of San Luis Obispo Behavioral Health Department
@slobbehavioralhealth

Home
About
Photos
Reviews
Notes
Videos
Posts
Events
Community
[Create a Page](#)

Like Follow Share

Write a comment

County of San Luis Obispo Behavioral Health Department is at County of San Luis Obispo Behavioral Health Department. May 4 · San Luis Obispo

Did you know like green is the national color for mental health awareness? Here's what our staff has to say about their mental health support! What would you write on your lime green ribbon? ❤️

#SLOBHD #SLOCo #mentalhealthawareness #mentalhealth #endthestigma #eachmindmatters #awareness

0 1 Share

Like Comment Share

COUNTY OF SAN LUIS OBISPO

County of San Luis Obispo Behavioral Health Department
@slobbehavioralhealth

Home
About
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[Create a Page](#)

Like Follow Share

County of San Luis Obispo Behavioral Health Department May 15

Today our team was a part of Cal Poly's 31 Days of Wellness- Emotional Wellbeing Fair. Students, staff, and faculty spun the wheel and answered mental health trivia. They also shared their Each Mind Matter's Green Ribbon: statements of encouragement or support were written on their green ribbons. Catch them again at 31 Days of Wellness-Community Wellbeing Fair next week to learn more about mental health!

#SLOBHD #SLOCo #mentalhealthawareness #mentalhealth #endthestigma #eachmindmatters #awareness #MentalHealthMonth

Like Comment Share



May is
Mental Health Matters Month

Q&A





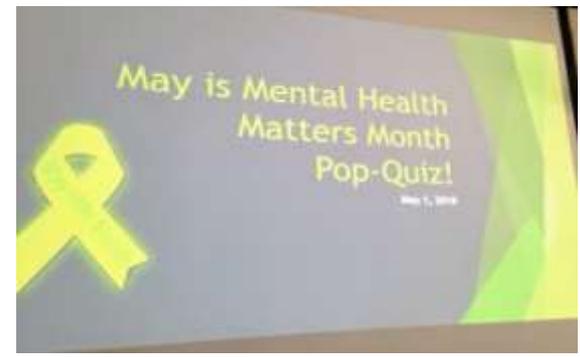
May is
Mental Health Matters Month

California Counties Promote Mental Health Awareness

Inspiration from 2018 Mental Health
Awareness Month Activities across the State



Alameda County



Amador County



Butte County



May is Mental Health Matters Month!

Learn about the mental health services offered in Butte County!

Everyone Welcome!

FOOD - MUSIC - ACTIVITIES
Stop by your nearest Butte County Library:

- ▶ **Saturday May 6th - 11am-2pm**
Paradise Branch Library (next to the Paradise Branch Library)
- ▶ **Saturday May 12th - 11am-2pm**
Oroville Branch Library
- ▶ **Saturday May 19th - 11am-2pm**
Oroville Branch Library

For more information Contact: Chae W. Kim, cpk@buttecountylib.org, 530.831.2700

This project was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act administered in California by the State Library.

Contra Costa County



Fresno County

fresno CARES

Like Follow Share

CARES May 24 at 8:31 PM

Superintendent of Schools, Jim Yivino and Fresno County Board of Education members: Delbert Cederquist, Dr. Allen Clyde, Ismael Herrera and Nelson Espazza were seen wearing green ribbons in support of Mental Health Awareness Month. On May 17th, the board also adopted the resolution declaring May as Mental Health Awareness Month.



Fresno CARES

- Home
- Events
- Reviews
- About
- Photos
- Posts
- Community

Create a Page

Like Comment Share

Write a comment...

Fresno CARES May 24 at 9:11 AM

We would like to CONGRATULATE CLOVIS EAST HIGH SCHOOL for receiving 1st Place for their Directing Change film at the recent Directing Change Awards Ceremony in Los Angeles. The experience was definitely one to remember!



fresno CARES

Like Follow Share

Fresno CARES shared a post. April 30

Read all about it! A special edition of the Each Mind Matters Newsletter is out, packed full of Mental Health Matters Month information and resources.



Each Mind Matters Special Edition - April 20**

Like Comment

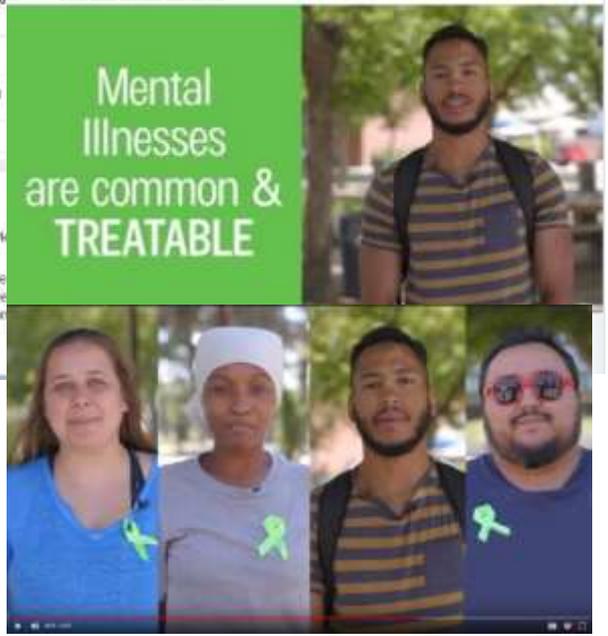
Write a comment...

Fresno CARES added an event. April 27

The May meeting will be held at the UC-M Partnerships.

The purpose of the Fresno County Suicide bring together a vast cross-section of government-based organizations, non-profit efforts, and others to.

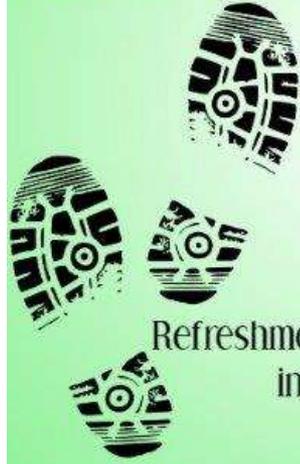
- Learn about suicide... See More



Imperial County



Mental Health Awareness Walk May 10th 2018



Walk 2 laps around
the track
12:50pm - 1:20pm

Refreshments, Resources & Guest Speaker
inside the College Center
1:30pm - 2:30pm

All IVC Students, Faculty & Staff welcome!
Please wear Lime Green to show support.

Because YOU matter

Kings County



Lassen County



Los Angeles County



WIERISE

A NIGHT FOR VETERANS

VETERANS WE RISE IN SERVICE
A PANEL DISCUSSION, A SPECIAL PERFORMANCE AND A FRANK CONVERSATION

VOICES OF CHANGE
DRUM CIRCLE
CREATING NEW WAYS TO BEGIN THE HEALING PROCESS

MONDAY MAY 28 5:00pm - 8:00pm

1726 N. SPRING ST. LOS ANGELES, CA 90012 **WERISE.LA**



WIERISE FREE & OPEN TO THE PUBLIC
1726 N. SPRING ST. LOS ANGELES, CA 90012

MEMORIAL DAY

BBQ | MONDAY MAY 28TH | 12-4PM

ART GALLERY | ART MAKING

SKYLAR GREY
JACKSON BROWNE
MICHAEL CHIKLIS
ELLIOTT MCKENZIE
THE AMERICANS

WWW.WIERISE.LA



WIERISE

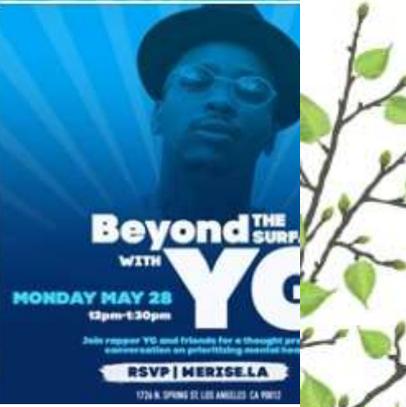
GET FREE MEDITATION

MILLANA SNOW

HEALING HEALER & MEDITATION TEACHER

MONDAY MAY 28 10:00am - 11:00am

1726 N. SPRING ST. LOS ANGELES, CA 90012 **RSVP | WERISE.LA**



WIERISE

Beyond THE SURF

WITH **YOGI B.**

MONDAY MAY 28 12pm - 1:30pm

Join rapper Yogi and friends for a thought-provoking conversation on prioritizing mental health.

RSVP | WERISE.LA

1726 N. SPRING ST. LOS ANGELES, CA 90012



WIE RISE

JOIN ARTISTS, ATHLETES + ACTIVISTS
IN THE FIGHT TO MAKE MENTAL HEALTH A CIVIL RIGHT

1726 N. SPRING ST. LOS ANGELES, CA 90012

MAY 19 - 28 **FREE - OPEN TO THE PUBLIC**

FEATURED ARTISTS

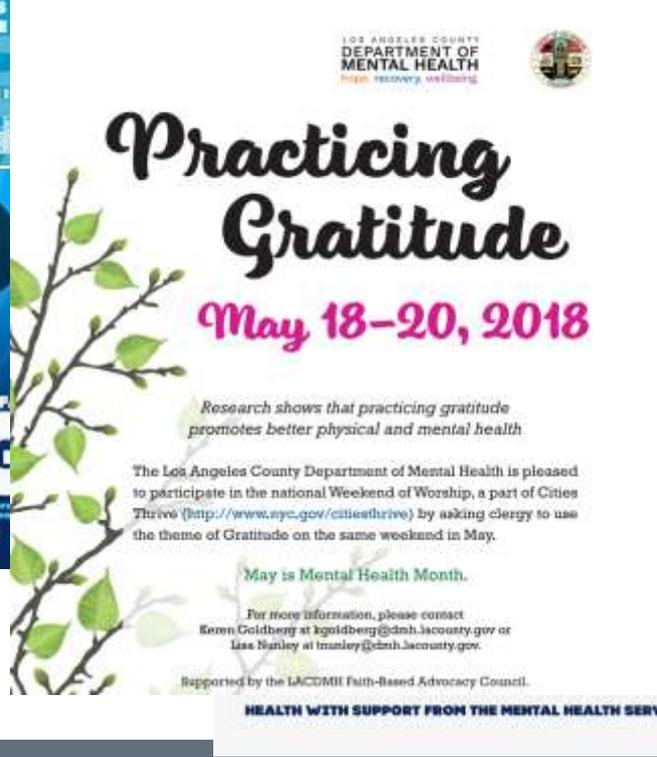
GLENN KAINO - SHEPARD FAIREY - FAVIANNA RODRIGUEZ
PATRICK MARTINEZ - GARY BASEMAN - CYRCLE
HIZUMAKI CEPEDA - SWOON - ASHLEY LUKASHEVSKY
E VAUGHN - EL MAC
HAWK TWO FEATHERS

FORMERS + PARTNERS

ANT - YG - KEHLANI
WILLIAMS - NICK CANNON
DREDS - RAJA KUMARI
ME GANDHI - YESI ORTIZ

GUESTS

ARTISTS + PERFORMANCES AT WERISE.LA



LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

Practicing Gratitude

May 18-20, 2018

Research shows that practicing gratitude promotes better physical and mental health.

The Los Angeles County Department of Mental Health is pleased to participate in the national Weekend of Worship, a part of Cities Thrive (<http://www.nyc.gov/cities thrive>) by asking clergy to use the theme of Gratitude on the same weekend in May.

May is Mental Health Month.

For more information, please contact
Keren Goldberg at kgoldberg@dnh.lacounty.gov or
Lisa Hanley at lhanel@dnh.lacounty.gov.

Supported by the LACDMH Faith-Based Advocacy Council.

Nevada County



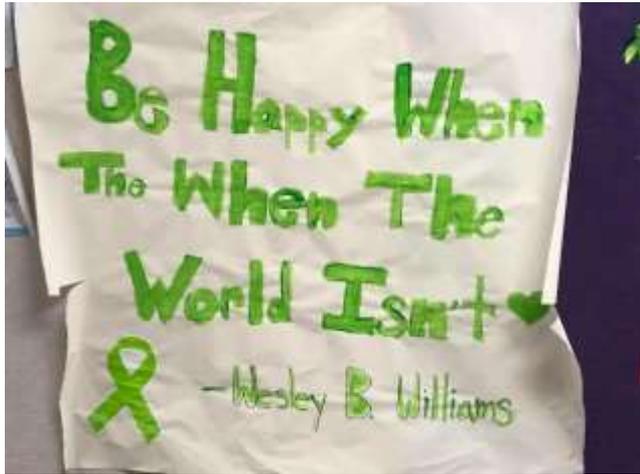
 **Nevada County Library** May 25 · 🌐

Nevada County Reads and Writes presents a special event highlighting community resources for mental wellness. The Library will host representatives of a variety of local non-profit and county-based mental health and family support resources, as well as giveaways and fun and hands-on activities..<http://madelynhelling.evanced.info/signup/EventDetails...>



Nevada County Reads and Writes Presents
Mind Your Mental Health
A special event highlighting community resources for mental wellness.
Wednesday, May 30, 3-7pm
Madelyn Helling Library
Sponsored in part by the Friends of the Nevada County Libraries

Modoc County



Monterey County



Riverside County



San Bernardino County



San Bernardino County Department of Behavioral Health in collaboration with the Rialto Farmers Market Presents Meet the Artist

Join us in celebration of May Mental Health Month as we display artwork that promotes wellness, recovery and resiliency. Come out to the Farmers Market and enjoy all the delicious foods, fresh produce and baked goods.

Forms of payment accepted: Cash, Debit and EBT

**May 9 and May 16, 2018
12 - 2 p.m.
Rialto City Hall
150 South Palm Ave., Rialto**

For questions contact:
Heavenly Apple (951) 220-6344
appleheaven@san-bernardino.gov

Cynthia Gutierrez (951) 220-2900
cynthiagutierrez@san-bernardino.gov
(Dial 711 for TTY access)



Riverside and San Bernardino Counties Directing Change Award Ceremony



San Diego County



Mental Health Month



Mental Health Matters!

Throughout the month of May, people from San Diego and across California will come together to spread awareness about the importance of mental health.

If you support Mental Health Awareness

[Click Here](#)

Link Up: Help and support are available.
For information and mental health resources, visit:
Up2SD.org

If you or someone you care about is in emotional crisis and needs immediate help,
Call the San Diego Access and Crisis Line:
(888) 724-7240



San Mateo County



🎗️ May Activities at CBOs and Schools





May is
Mental Health Matters Month

Q&A



Please share!

Mental Health

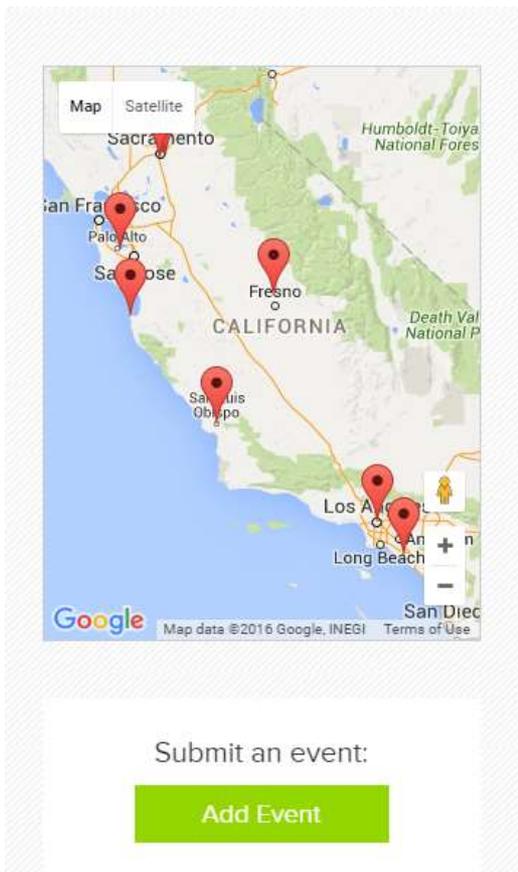
Stories

Get Involved

Events

Resources

Blog



If you are hosting a public event, add it to the **Each Mind Matters** events page to attract a larger audience!

<http://www.eachmindmatters.org/events/>

To order ribbons, T-shirts and other educational resources and wearable outreach items visit the EMM Store.

www.eachmindmatters.org/store

Save the date!

Directing Change Award Ceremony and Screening May 21nd

Tuesday, May 21, 2019 | 11-2 p.m.
Los Angeles County

The 6th annual **Directing Change** Award Ceremony will be hosted at Historic Theatre at the Ace Hotel and will include a red carpet reception, films screening and award ceremony. To RSVP visit: www.directingchange.org



Mental Health Matters Day CALIFORNIA STRONG!

MAY 22, 2019
9:30am - 2pm

www.mentalhealthmattersday.org/



[Initiatives](#)

[Collections](#)

[About Us](#)

[Contact Us](#)

[SEARCH RESOURCES](#)

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

Search Our Resources

[SEARCH](#)

[Advanced Search](#)

Featured

Mental Health Awareness Week Toolkit

A toolkit with resources for Mental Health Awareness Week.

[Explore >](#)



www.emmresourcecenter.org/



Explore Our Initiatives



Each Mind Matters

California's Mental Health Movement.

[EXPLORE >](#)



Know the Signs

Pain isn't always obvious. Suicide is preventable.

[EXPLORE >](#)



SanaMente

Movimiento de Salud Mental de California

[EXPLORE >](#)



Directing Change

A student film contest that focuses on suicide prevention and mental illness.

[EXPLORE >](#)



Walk In Our Shoes

An educational campaign that teaches children about mental health.

[EXPLORE >](#)



Ponte en Mis Zapatos

Una campaña educativa que enseña a los niños de la salud mental.

[EXPLORE >](#)



Browse Collections

Women's History Month

Celebrate Women's History Month with these resources.



Children

Support the child in your life with these tools and resources.



LGBTQ Pride

Raise awareness and celebrate LGBTQ pride with these resources.



Higher Education and Faculty

Check out available resources for those working in higher education.



Suicide Prevention Week

Take the time to learn what to do so you're ready to support someone when it matters most.



Black History Month

Celebrate the achievements of African Americans in the U.S.





[Initiatives](#)

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Search Our Resources

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[Advanced Search](#)

Featured

Mental Health Awareness Week Toolkit

A toolkit with resources for Mental Health Awareness Week.

[Explore >](#)





Advanced Search

Keyword(s)

SEARCH

Resource Type

- Branding and Logos
- Data and Reports
- Digital Advertisements
- Facilitation Guides
- Outdoor Advertisements
- Outreach Materials
- Posters and Brochures
- Presentations
- Press Materials
- Radio
- Toolkits
- TV
- Videos

Search Resources

DISPLAYING 1 - 10 OF 401

1 2 3 4 5 6 7 8 9 ... >> Last »



2014 Judge Impact Evaluation Report >

A report highlighting the positive effects of training influencers in safe messaging techniques while judging student submissions for the Directing Change film competition.

[Directing Change, Influencers, Young Adults, Stigma and Discrimination Reduction, Suicide Prevention, English, Data and Reports](#)



2014 Outcome Statement >

An overview of the impact of the 2014 Directing Change youth film competition.

[Directing Change, Influencers, Young Adults, Stigma and Discrimination Reduction, Suicide Prevention, English, Data and Reports](#)



2014 School Impact Evaluation Report >

A report on the student and teacher survey disseminated

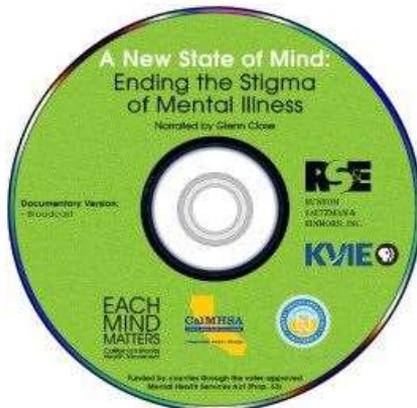
Shop

The Each Mind Matters Shop provides promotional and educational materials for supporting California's Mental Health Movement. If you would like to order materials with a Purchase Order, please [review the Purchase Order Process](#). If you have any questions about your order or the Shop, please contact Store@EachMindMatters.org.

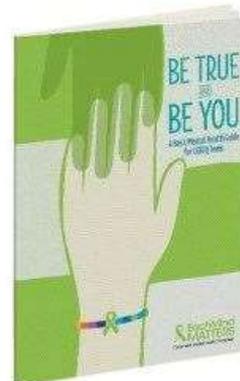
Your purchase helps fight stigma in your community! All proceeds from the Each Mind Matters store go to support mental health outreach and education across California.



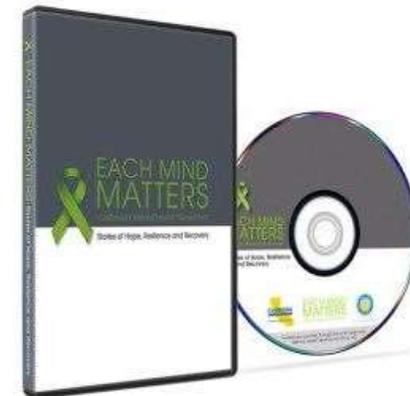
www.eachmindmatters.org/shop



"A New State of Mind"
Documentary DVD Toolkit



"Be True and Be You" Booklet for
LGBTQ Teens



"Stories of Hope, Resilience and
Recovery" Vignette DVD

Get involved at eachmindmatters.org

SanaMente.org

ElSuicidioEsPrevenible.org

PonteEnMisZapatos.org

BuscaApoyo.org

 Twitter: @eachmindmatters

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EachMindMatters.org

EMMresourcecenter.org

SuicideisPreventable.org

YourVoiceCounts.org

WalkinOurShoes.org

DirectingChange.org



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

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Get Involved

We all have mental health, and our voices are stronger when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



Spread the Word

Learn more about the movement and get tools to help inform others.

More





If you are interested in requesting an Activation Toolkit, please fill out the evaluation survey!





Thank you!

To access the toolkit online:

<http://www.eachmindmatters.org/get-involved/spread-the-word/>

