



Sharing the Strength in Community May Activation Toolkit

We are excited to share the 2019 May is Mental Health Matters Month Activation Kit. This year's theme is "Strength in Community." This past year, California saw more than its fair share of devastation – both natural and human made. Communities were left distraught in the wake of it all and wondered how they'd "bounce back." The good news is that resilience is not a trait that people either have or do not have -- we can all build resiliency.

This week, we will focus on the connection between mental health and supportive relationships, how conversations can strengthen community and spreading the word this May so that together we can find strength in our communities.

Download the bilingual Activation Kit [here](#)!

This May, elevate the visibility of mental health within your community by participating in our newest activity, the Fence Art Activation:

- Drawing inspiration from street art and this year's theme, **#StrengthInCommunity**, this fence activation is fun, easy and will spark conversations about mental health across the state.
- For this activity, all you'll need is lime green duct tape that can be purchased online or at your local hardware store and area on a chain link fence. Be sure you have permission to use the fence, it is at least a few feet wide and it's in an area with heavy foot traffic.
- You can use a template or personalize this activity by creating powerful messages or words that resonate with your community. Visit <https://www.eachmindmatters.org/fence/> for detailed instructions and templates.

Once you have set up your fence activation, don't forget to share your photos with us!

Via social media, tag @EachMindMatters and use the hashtags **#EachMindMatters**, **#SanaMente**, and **#StrengthinCommunity**.