



# May is Mental Health Matters Month May 2016

Thank you for being a part of Mental Health Matters Month! Throughout the month, people from across California will come together to spread awareness about the importance of mental health and show their support for the issue.

This toolkit is designed to help counties and Community Based Organizations (CBOs) conduct mental health awareness activities locally.

#### **The toolkit includes:**

- Photo Booth Activity
- Ribbon Wall Activity
- Activity Ideas
- Social Media Guide
- Mental Health Matters Month Poster

**Note that the materials listed above can be found and downloaded at [EachMindMatters.org](http://EachMindMatters.org).**

Resources for media will also be available to use alongside Mental Health Matters Month activities. Look for these resources in your monthly Each Mind Matters email and newsletter.

Post pictures from throughout the month on social media and tag @EachMindMatters in your comments or send them to the Each Mind Matters team and get featured on our social media pages! Check our social media channels to see if you have been selected to be showcased!

If you have questions about the Each Mind Matters movement or May is Mental Health Matters Month, email [info@eachmindmatters.org](mailto:info@eachmindmatters.org).

