

# Let's Talk About Mental Health

Walk In Our Shoes reaches kids with positive mental health messages to encourage empathy and allow for more people to seek help when it's needed.



## Stigma

COMES FROM  
LACK OF  
KNOWLEDGE  
ABOUT MENTAL HEALTH

The Walk In Our Shoes campaign **uses real stories from teens** and young adults to teach youth about mental health challenges and mental health wellness.

**50%** OF ALL MENTAL ILLNESSES  
BEGIN BEFORE AGE 14



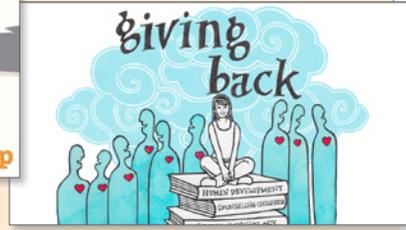
# WALK IN OUR SHOES

WALKINOURSHOES.ORG

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



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



- Information on Mental Health Challenges
- Myths vs Facts
- Giving and Getting Help
- Animated Video Stories
- Create Your Own Shoe Gallery
- Parent and Teacher Resources



**VISIT WALKINOURSHOES.ORG**

También disponible en español en [ponteemiszapatos.org](http://ponteemiszapatos.org)

