

May is Mental Health Matters Month



You can easily create a ribbon wall in your home or work space using this printer-friendly file. Just follow these easy steps to get started:

1

Purchase lime green letter-size paper. We recommend these options:

- Neenah Astrobrights® Bright Color Paper, 24 lb. in “Terra Green” [click here to order](#).
- Staples Brights 24 lb. Colored Paper in “Lime” [click here to order](#).
- Pacon Kaleidoscope Multipurpose Colored Paper, 24 lb, in “Lime” [click here to order](#).

2

Load the lime green paper into your printer.

3

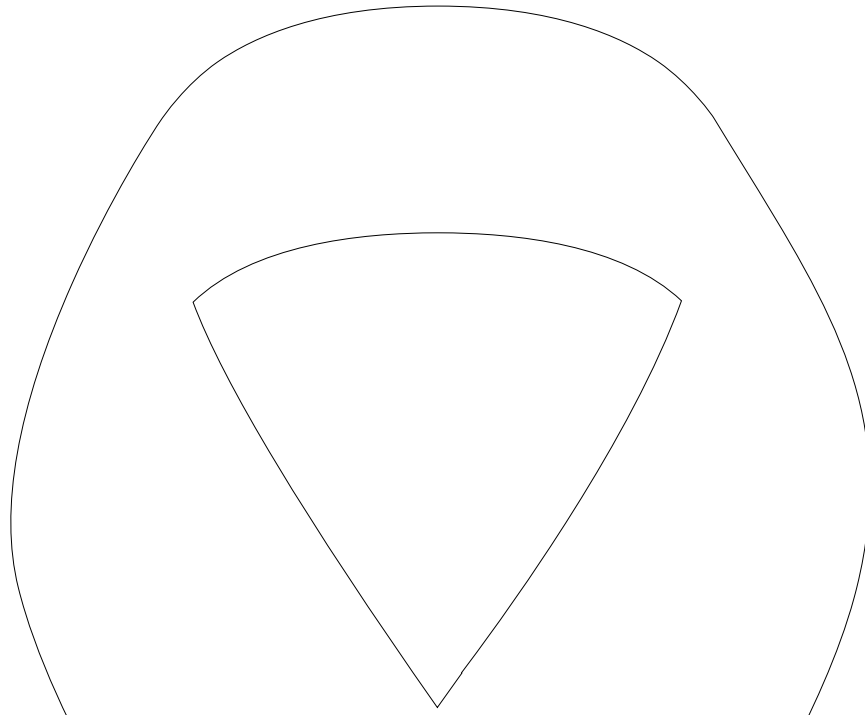
Print page 2 of this document in portrait mode.

4

Cut out your lime green ribbons.

You now have lime green ribbons for your ribbon wall! To learn more about the ribbon wall activity, [click here](#).





 **EachMind
MATTERS**
California's Mental Health Movement
EachMindMatters.org

 **SanaMente**
Movimiento de Salud Mental de California
SanaMente.org