EXPRESS YOURSELF
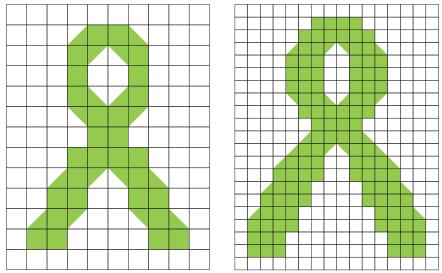
Let's Express Unity with a Wall Art Installation

Millions of individuals and hundreds of organizations work to reduce mental health stigma with Each Mind Matters. As part of the many activities taking place during **Mental Health Matters Month**, we're encouraging everyone to show their support for the mental health movement through creative self-expression.
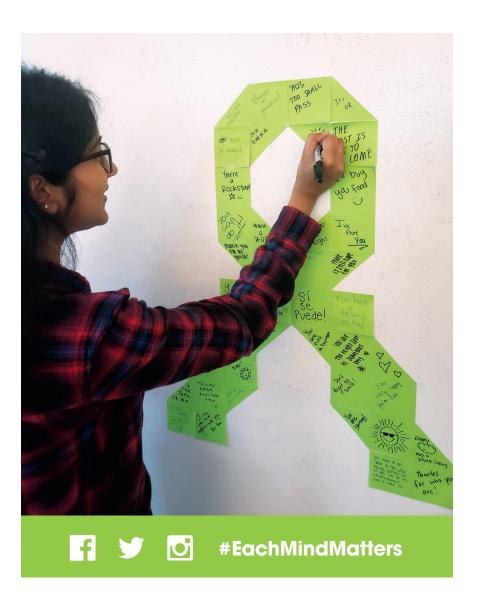
A fun and meaningful way to create awareness is to write inspiring messages of support that, when assembled together, create the shape of Each Mind Matters' lime green mental health awareness ribbon.

1 square = 1 sticky note | 1/2 square = 1 sticky note cut diagonally

Follow these steps to form the ribbon:

1 To start, find a wall space that is at least five feet wide by five feet high. A painted wall is the best surface. Using the gridline templates above, place the sticky notes onto the wall, arranged in the shape of a lime green ribbon. Use the grids pictured above or visit **EachMindMatters.org/stickynotes** to download the templates.

2 Respond to one of the prompts below by writing or drawing on a lime green sticky note. Read and be inspired by what others have written!

- Leave a positive message to brighten someone's day.
- What's the best thing someone could say to you when you need support?
- Write your pledge to stop the stigma surrounding mental health.
- Why is it important to speak openly about our mental health?

3 To share your creation and inspire others to reduce stigma and support the mental health movement, snap a photo and upload it to social media. Don't forget to tag **@EachMindMatters** on **Instagram, Twitter,** and **Facebook** and use **#EachMindMatters**!

4 Visit **EachMindMatters.org/May2020** for more ways to get involved in Mental Health Matters Month.

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For tips and downloadable templates, visit
EachMindMatters.org/stickynotes

EachMind MATTERS
California's Mental Health Movement

CalMHSA **63**

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