

Go Green for Mental Health

May is Mental Health Awareness Month



www.focgr.org

Green signifies new life, new growth and new beginnings. Wear green to help promote open conversations of mental health and challenge the stigma of mental illness.

Here are a few ways you can Go Green!

- 'Dine Out for FOC' <http://www.focgr.org/news-events/event-calendar/>
- Change your Facebook cover photo.
- Make your Facebook/Twitter profile picture green.
- Share information about mental health on your social media networks
- Use 'hashtag' **#MentalHealthMonth** and **#TalkAboutIt** and share status updates from www.facebook.com/focgr
- Participate in an online discussion or chat
- Share your story of hope at www.focgr.org/consumerstories
- Wear green. Be creative; don't just limit this to your everyday wardrobe. Wear green shoelaces, a green suit, dye your hair green or paint your fingernails.
- Wear a green ribbon. Pin it on your shirt or on your bag or backpack.
- Learn about new research, advances in treatments and coping strategies for living with mental illness and share what you find out with your family and friends.
- Purchase a 'Talk About It' T-shirt for \$10.00.

EncouraGe AwaReness RespEct AccEptance and UnderstaNding