**Thursday, Oct. 6**

**Email Subject Line: Share Your Story About Mental Health**

As Mental Health Awareness Week comes to a close, we hope that you’ve taken a moment to start a conversation about mental health, practice self-care or wear your lime green.

A big factor in reducing stigma around mental illness is speaking up about why it’s important to you or sharing your story to empower others. Prominent anti-stigma researcher, Patrick Corrigan, has studied the effects of those who frequently disclosed aspects of their mental illness. Corrigan found that people who share their story get a sense of personal empowerment that enhances self-esteem and promotes confidence to seek and achieve individual goals.

Each Mind Matters encourages everyone to speak openly and honestly about mental health so that we can create supportive communities for anyone who needs help. Ready to speak up about mental health? Here’s how to get started:

**Take a Pledge.** Share how you’re part of the movement and strengthen the impact of California’s Mental Health Movement by taking a [pledge](http://www.eachmindmatters.org/get-involved/speak-up/take-a-pledge/).

**Share your Story.** We’re inspired by each other’s stories. Tell us why mental health matters to you by sharing your [“lime green story.”](http://www.eachmindmatters.org/get-involved/share-your-story/)

If you need of support managing your mental health, here are a few tips:

* Talk openly with someone you trust about what you are experiencing.
* Stay in touch with friends and family. Give them specific things to do that can help during your recovery.
* Consider connecting with others who are going through something similar by finding a support group or asking your mental health professional about peer support.

For more information and resources, download our [mental health support guide](http://www.eachmindmatters.org/get-involved/spread-the-word/).

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