



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

Lime green is the color of mental health awareness.
Wear the lime green ribbon to show your support and
start conversations about mental health wherever you go.

**Half of us will experience a mental health
challenge in our lifetime.**
All of us have a reason to speak up.
EachMindMatters.org

If you need immediate assistance, call the
National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



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