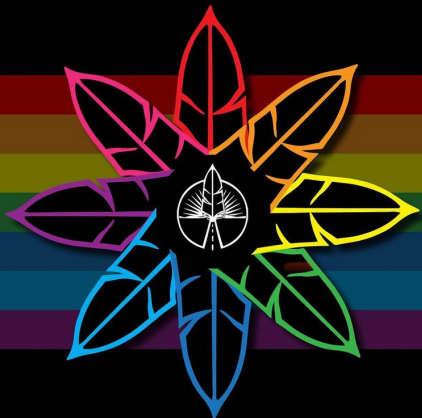


LOVE IS LOVE



Mental health conditions do not discriminate based on race, color, gender or identity. Learn more and get involved.

YOU ARE NOT ALONE

#NotAlone

www.nami.org

DID YOU KNOW?

WE ARE IN THE MIDDLE OF A TRIO OF MONTHS DEDICATED TO BRINGING AWARENESS AND LOWERING STIGMA ON MENTAL HEALTH!

- May- Mental Health
- June-LGBTQTS+
- July- Minority Mental Health

Our local Circles of Care social marketing campaign invites you to show your support and awareness during these months by joining organizations such as Native Wellness Institute, NAMI, and Each Mind Matters in the following ways:

JOIN THE MOVEMENT

- Wear your Lime Green Bracelet or Ribbon
- Paint your nails Lime Green
- Share your story
- Post on Social Media and hashtag #notalone, #eachmindmatters and other hashtags
- Educate yourself and learn more by visiting

eachmindmatters.com/get-involved/join-the-movement/

YOU ARE
NOT
ALONE

A hand holding a smartphone. The screen of the phone shows a photograph of a young man with light-colored hair, smiling and holding an acoustic guitar. The background of the entire image is a soft-focus blue with bokeh light effects.

Sharing your story is not only helpful
to your own mental health journey, it's
also a great way to show others they
are **#NotAlone.**

#NotAlone

nami.org/mentalhealthmonth