



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

“I wear a green ribbon _____.
(insert one of the following statements that is true for you,
or create your own!)”

- ...to help start conversations about mental health in my community
- ...to show support for those who experience/have experienced mental health challenges
- ...for people to know that recovery from a mental health condition is not only possible, but probable
- ...to let others know that (I have/someone I know has) experienced mental health challenges and recovered

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

For information & referrals call:



Orange County | Behavioral Health Information & Referrals

855-OC-Links
(625-4657)

www.ochealthinfo.com/oclinks