

Instructions for Each Mind Matters Quilt

1. Supply the following items needed: 8 ½" x 11" paper, writing materials (markers/crayons/colored pencils), and other embellishments (stickers, glitter, cutouts from magazines, etc.).
2. Explain that May is Mental Health Awareness month and **lime green** is the official color for raising awareness. Encourage participants to think about what mental health awareness means to them, how they have personally been affected by mental health issues, and have them express their thoughts and emotions through art.
3. See examples below to create the "quilt".



4. Be as creative as you want! You can create a collage in the image of a ribbon, tie the art pieces together with ribbon, or simply post them side-by-side on a wall to create an impactful visual display in a common area. To preserve the artwork, you can also laminate the art pieces or use sheet protectors. This is an evolving project and you can continue to grow the quilt and its display beyond May. The sky is the limit!!!

5. Email Naveen Shetty at nshetty@ochca.com a photo of your Mental Health Awareness Month quilt so we can recognize your participation. Please remember to respect the anonymity of your participants.