

INSTRUCTIONS FOR EACH MIND MATTERS “Wellness Photo Voice Project”

PURPOSE:

May is Mental Health Awareness month and lime green is the official color for raising awareness. Mental health is important especially since 50% of adults in the United States will experience a mental health challenge in their lifetime. Encourage participants to reflect on why mental health matters. The Photo Voice Project is an opportunity for you to express yourself through the art of photography.

GOAL:

To share your “voice” on coping or overcoming a mental health challenge and to bring awareness about mental health to the communities we live in.

SUPPLIES NEEDED:

1. Camera (Disposable or Cell phone camera).
2. Access to email, Instagram and/or Facebook

TASKS:

1. Take a photo that is meaningful to you and include a short caption that describes the significance of your photo. Be sure not to include people who can be identified in the picture.
2. Spread the word by sharing your photo and caption on social media using the following hashtags:
#staywelOC
#upliftOC
#eachmindmatters
#mentalhealthOC
3. Inform others about the Photo Voice Project and share your work—make an announcement at a staff meeting or send out an e-blast to members of your organization to encourage them to participate.
4. Be as creative as you want. You can upload as many pictures with captions as you would like.
5. A Facilitator’s Toolkit for Photovoice Project is available at:
<https://www.wpunj.edu/uppc/images/UPinPC+Photovoice+Facilitator+Toolkit+Final.pdf>
6. Email Rebeka Sanchez at resanchez@ochca.com your photo and caption so we can recognize your participation. Please remember to respect the anonymity of your participants and receive consent to publish their work.



“When thinking about mental health, I always think about a peaceful mind. A person who’s in a healthy mental state should feel peaceful. Like the patients come to us because they are seeking for peace in their minds. And we help bring peace to their minds. The picture brings me peace and makes me feel like I can smell a fresh wind. So I think it’s a good one to represent mental health.” #staywelOC #upliftOC #eachmindmatters