

INSTRUCTIONS FOR EACH MIND MATTERS

“Mental Health Matters Tree”

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.

GOAL:

Participants to reflect on why mental health matters.

SUPPLIES NEEDED:

1. Tree template (Cut out from felt, cloth, brown paper, poster board etc). Some examples of tree templates can be found at: http://www.firstpalette.com/tool_box/printables/treetrunk.html.
2. Lime Green paper cut into a leaf shape. Some examples of leaf templates can be found at: <http://azcoloring.com/coloring-page/69400?album=large-leaf-template>.
3. Writing materials (markers/crayons/colored pencils).
4. Tape.

TASKS:

1. Choose a blank wall in your office or other public area with high foot traffic.
2. Identify a small table to set up next to the wall and lay out the paper leaf templates for participants.
3. Ask participants to write a sentence or phrase on the leaf template that represents why mental health matters (for example: mental health can affect anyone; my family member has a mental health condition and I want them to feel supported; people that suffer from mental health conditions experience stigma, etc).
4. Assist participants to post their leaf on the posted tree. This will then create a symbol of the importance of mental health.
5. Inform others about the “Mental Health Matters” tree—make an announcement at a staff meeting or send out an e-blast to members of your organization to encourage them to participate.
6. See example on the right of a “Mental Health Matters” tree.
7. Be as creative as you want. You can add green ribbons to your “Mental Health Matters” tree or simply use lime green leaves to adorn your tree.
8. Email Rebeka W. Sanchez at resanchez@ochca.com a photo of your “Mental Health Matters” tree so we can recognize your participation. Please remember to respect the anonymity of your participants.

