**Friday, Oct. 7**

**Email Subject Line: Spread the Word About Mental Health**

Mental Health Awareness Week is coming to a close but through your active participation, you’ve engaged others in conversations about mental health awareness which has helped reduce stigma and encourage people to seek help. We hope the information provided has empowered you with the tools and resources to continue advocating for mental health on an ongoing basis.

Here’s a weekend challenge: Take what you’ve learned this week and continue to share it with others. Whether it is starting a conversation about mental health awareness, the significance of lime green or sharing the resources we’ve provided. If you need some help, here’s a [handout](http://www.eachmindmatters.org/wp-content/uploads/2015/06/EMM-Flyer.pdf) you can print to remind everyone that each mind matters. You can also share this [two-minute video](https://vimeo.com/129273542).

Remember: Half of us will have a mental health challenge in our lifetime, but we all have a reason for speaking out. To learn how you can continue to support California’s Mental Health Movement, visit EachMindMatters.org or connect with (INSERT ORGANIZATION NAME Department of Behavioral Health) for upcoming events and activities in your area.

Have a great weekend!

[Insert Agency/CBO Signature Line]