

May is Mental Health Matters Month

Deeper Connections: From Small Talk to Real Talk



Each Mind Matters is made up of millions of individuals and hundreds of organizations working to advance the mental health movement. This May we're focusing on strengthening social support networks, which research suggests can contribute to a healthier, happier life. Sometimes, it can be hard to know how to make deeper connections with people in our life or what to say when someone needs support, so we created this activity to help get you started.



1

Respond to one of the questions below, or create your own positive message on a lime green ribbon and place it on a wall. Read and get inspired by what others have written too!

- What's the **best** thing someone could say to you when you need support?
- Imagine someone reading this is feeling alone. What would you like to say to them?

2

Take a photo and upload it to your social media account. Don't forget to include **@EachMindMatters** and **#EachMindMatters**.

3

Choose a message card. Keep it for yourself for those times when you need a little inspiration, or share it to support and connect with others around you.

4

Take a lime green ribbon and wear it proudly to show your support of the mental health movement.