Let's Talk About Mental Health

Walk In Our Shoes reaches kids with positive mental health messages to encourage empathy and allow for more people to seek help when it's needed.



Stigma COMES FROM LACK OF KNOWLEDGE ABOUT MENTAL HEALTH

The Walk In Our Shoes campaign uses real stories from teens

and young adults to teach youth about mental health challenges and mental health wellness.

50% of all mental illnesses BEGIN BEFORE AGE 14





Funded by counties through the voter-approved Mental Health Services Act (Prop. 63)

WALKINOURSHOES.OR





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VIDEOS	José	MATT	YOUR SHOES	
SAVING HELP & GETTING HELP	FACTS REAL STORIES			
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También disponible en español en ponteenmiszapatos.org



- Information on Mental Health Challenges
- Myths vs Facts
- Giving and Getting Help
- Animated Video Stories
- Create Your Own Shoe Gallery
- Parent and Teacher Resources

