10 ways to Take Action for Mental Health

1. Check in on your own mental health to see if you might need some self-care or support.

2. Start a conversation with a friend, family member, or coworker to check in on their mental health.

3. Build self-care activities into your life to give your mind and body the break they need to recharge.

4. Stay in touch with the friends, family members, neighbors, and coworkers who are a positive force in your life.

5. Find out the warning signs that it’s time to get help for your or someone else’s mental health.

6. Learn about the services and support options available.

7. Take the pledge to take action for mental health—for all of us!

8. Wear a lime green ribbon and share why mental health matters to you when someone asks about it.

9. Share content from @TakeAction4MH on social media to get your community talking.

10. Complete your wellness plan so you are ready for support.

Get started at TakeAction4MH.com!
Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).