



**Changing minds about mental health,
one conversation at a time**

Hi there,

Please find enclosed your materials for the Green Ribbon campaign to get people talking openly about mental health problems this May 2015.

The green ribbon symbol is a proven powerful awareness raising tool for clubs, schools, workplaces and communities and should not be associated with any fundraising activity. The ask of people is simply to wear the green ribbon and support a movement to spark a national conversation about mental health.

- ✂ Take part in National Time to Talk Day on Friday May 15th by simply making the time and space for conversation about mental health with family, friends and colleagues.
- ✂ Share news or images of your activities on social media via facebook.com/GreenRibbonIRL, twitter.com/GreenRibbonIRL or [#greenribbonIRL](https://greenribbonIRL).

Thanks for your support,
The See Change Team

Wear the green ribbon



Let's get
talking

Changing minds
about mental health

One conversation
at a time

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