Mental Health Awareness Ribbons

The green ribbon is the international symbol for mental health awareness. Wearing green, in particular a green ribbon, is an important way to show your support and ally-ship of mental health. It can show your colleagues, friends or simply those you walk past that you care about their mental health. It can also be worn in memory of a loved one.

Wearing a green ribbon also suggests you are open to creating safe spaces for people to talk about mental health. This relates to the fact that on average adult will say, "I'm fine" 14 times per week, yet only 19% actually mean it. The green ribbon is a sign that it’s okay to not be okay and that you are someone who can hold that space with them. Talking about our mental health should be as natural as physical health. The green ribbons do not mean you are expected to be a therapist, solve problems or any other profound ask.

Any month, but especially in May for Mental Health Awareness Month, we hope you’ll where green ribbons and perhaps even share your green ribbon story. Simply post a picture and tell us why you are wearing your green ribbon pin with the hashtag #gogreen #mentalhealthmatters and tag us @namivirginia.

You can create your own ribbon, pick one up for free at one of our events, or purchase one online. Here is one for purchase.

Not quite ready to wear the green ribbon? That’s okay. Consider doing a ‘DIY’ craft project by yourself or with others and create/donate green ribbons to us to share with others.

Help us make a difference by creating, wearing a green ribbon or sharing your mental health story online.

National Alliance on Mental Illness of Virginia

NAMI Virginia promotes recovery and seeks to improve the lives of Virginians with serious mental illness through support, education and advocacy.