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 or solve problem.

Help us make a difference by making and donating green ribbons for us to distribute!

Organizational Beneficiary: National Alliance on Mental Illness of Virginia

Impact: NAMI Virginia promotes recovery and seeks to improve the lives of Virginians with serious mental illness through support, education and advocacy. Green is the color of mental health awareness so NAMI Virginia can make great use of awareness ribbons in starting conversations around mental health and shows the wearer as an ally which helps get at the stigma surrounding the medical condition.

**Supplies**
- A minimum of 75 inches of lime green ribbon (patterns are ok!)
- Safety pins work but we prefer 3/4" flat-backed safety pins
- E6000 or QuickGrip Glue or clear school glue
- Scissors
- Toothpicks (helpful glue clean up)

**Instructions**
1. Decide you want to do this DIY
2. DIY with friends and family
3. Deliver completed DIY ribbons
4. Feel all the warm fuzzies
1. Purchase and/or collect your supplies. We ask DIY volunteers to create a **minimum of 25 awareness ribbons**. Over the minimum amount are welcomed! 
   Supplies are listed on page one. Get enough to supplies to make 25 ribbons and meet the needs of the size of your group.

2. **Review this instructional video for an idea of how to assemble ribbons.**
   We might also recommend practicing in advance if you’re leading a group in this DIY project.

3. **Advise your network of the project.** Knowing mental health impacts all of us, we encourage you to involve your family, friends, and co-workers in this project. The more the merrier!
   **Schedule a data and location**
   **Craft!**

4. **A great way to remind others about the purpose of this project is to incorporate some reflection exercises.** Below are questions to help guide conversation:
   - What role does stigma play in how we treat mental health related to other medical conditions?
   - Why might community be important to combating stigma?
   - How do you view your own mental health and wellness?
   - How do others help/hinder your mental health and wellness?

5. Email us at info@namivirginia.org to schedule a time to drop off your materials or we’ll come to you.

6. Want to become more involved with NAMI Virginia? Follow us on Facebook, join our newsletter and give us a call! Learn more at www.namivirginia.org.

Reach NAMI Virginia at [www.namivirginia.org](http://www.namivirginia.org), [info@namivirginia.org](mailto:info@namivirginia.org) or 804-285-8264