

The Green Ribbon Campaign

Together we can
#endthestigma
of mental health



Getting involved 2021

Colouring-in a Green Ribbon

The ongoing impact of COVID-19 and return to work means that it is even more important to look after your mental health

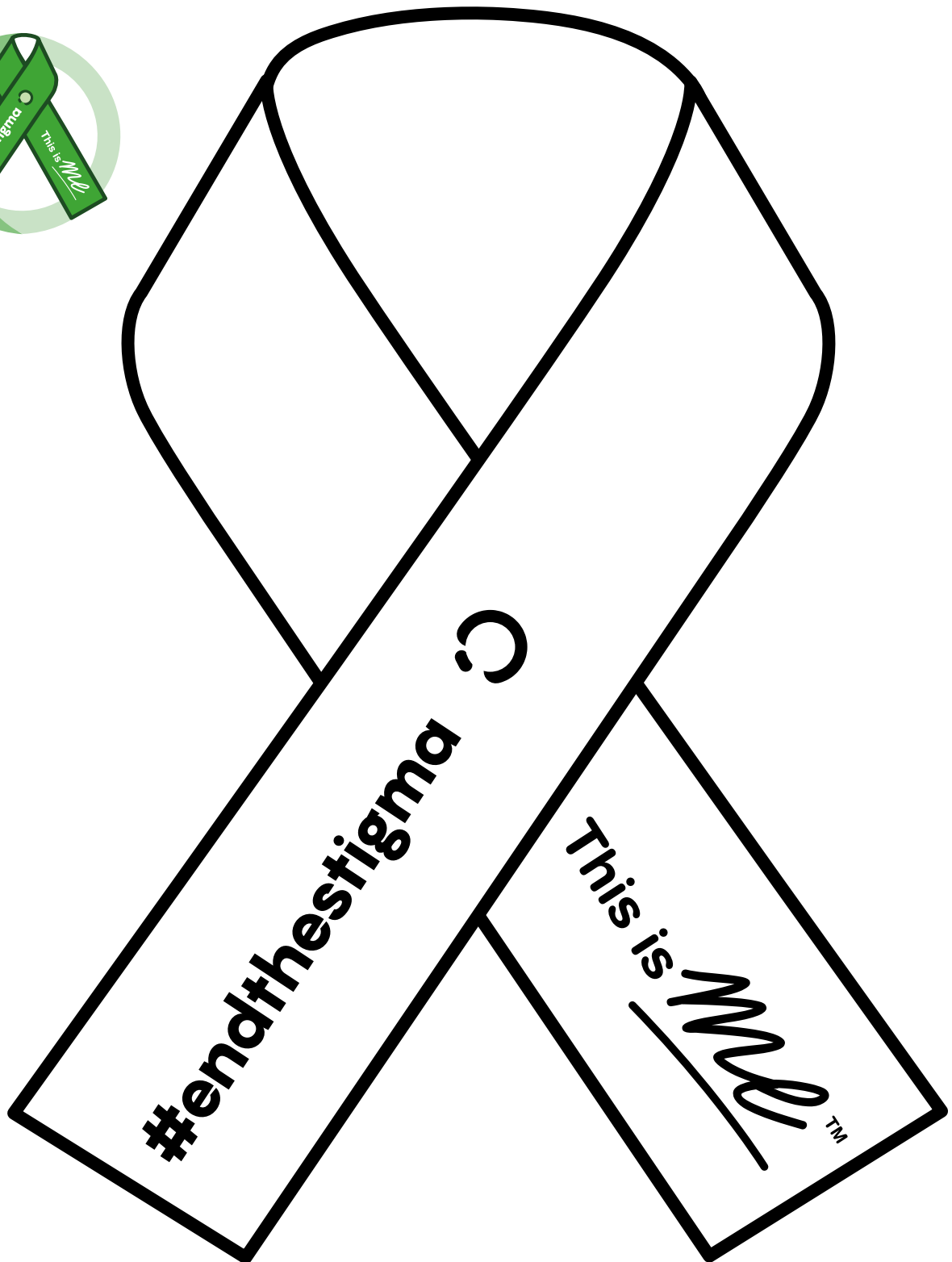
As well as wearing and giving Green Ribbons digitally, we invite you to show kindness to yourself by taking a moment to unplug from screens and tap into some creativity.

This pack includes colouring-in templates with various designs for you to choose from. This is something you could do alone, with other members of your household, or as part of a home-schooling activity.

After you have coloured in your Green Ribbon(s) you could:

- **Put the Green Ribbon up in your window at home or at the office**
- **Take a picture of the Green Ribbon**, with yourself and your household
- **Upload to LinkedIn, Twitter, Instagram and Facebook** using the hashtag **#endthestigma**

We are looking forward to seeing your creations!



PROUD TO SUPPORT

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World Mental Health Day,
10 October 2021

This is *me*™





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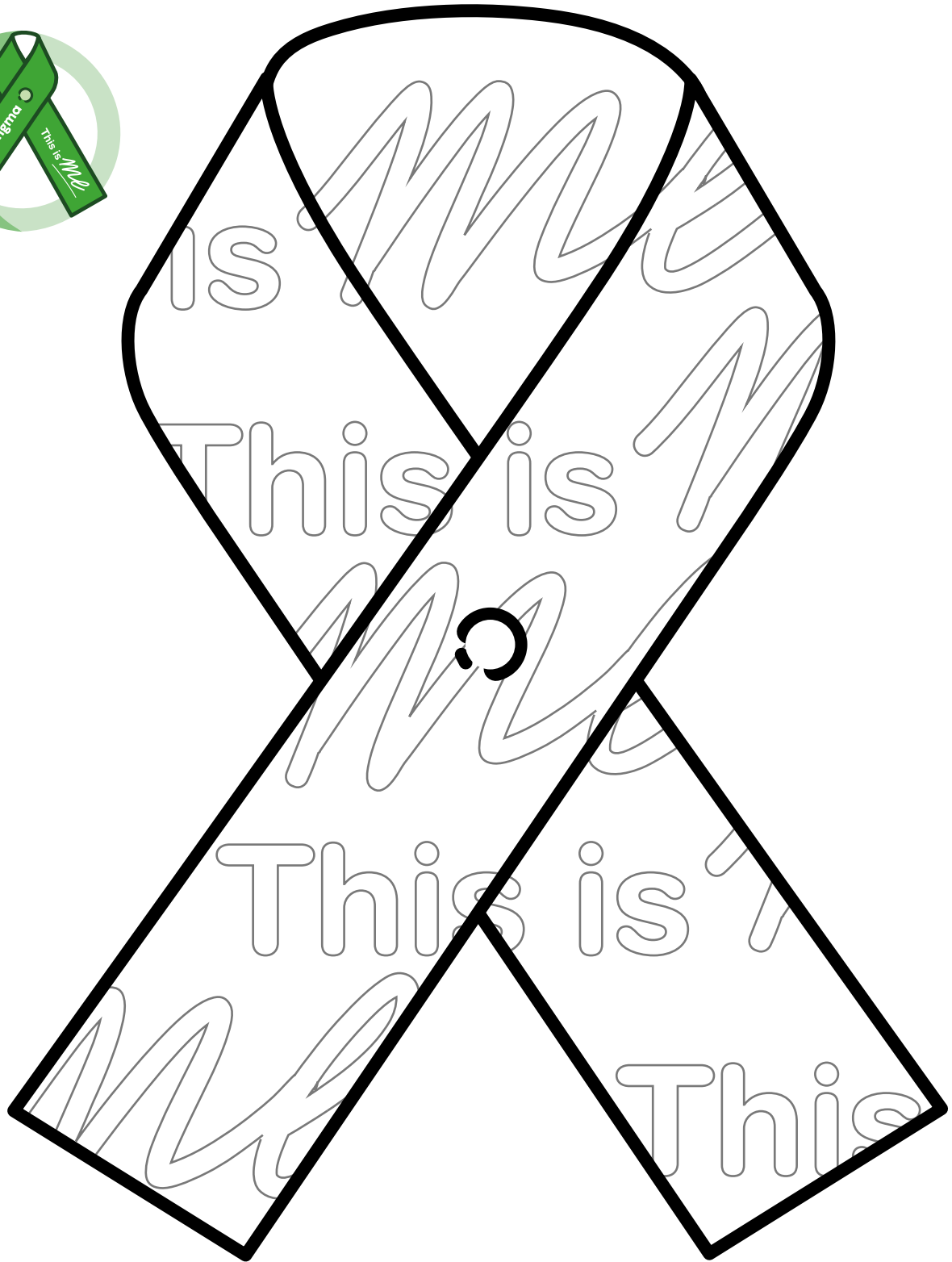
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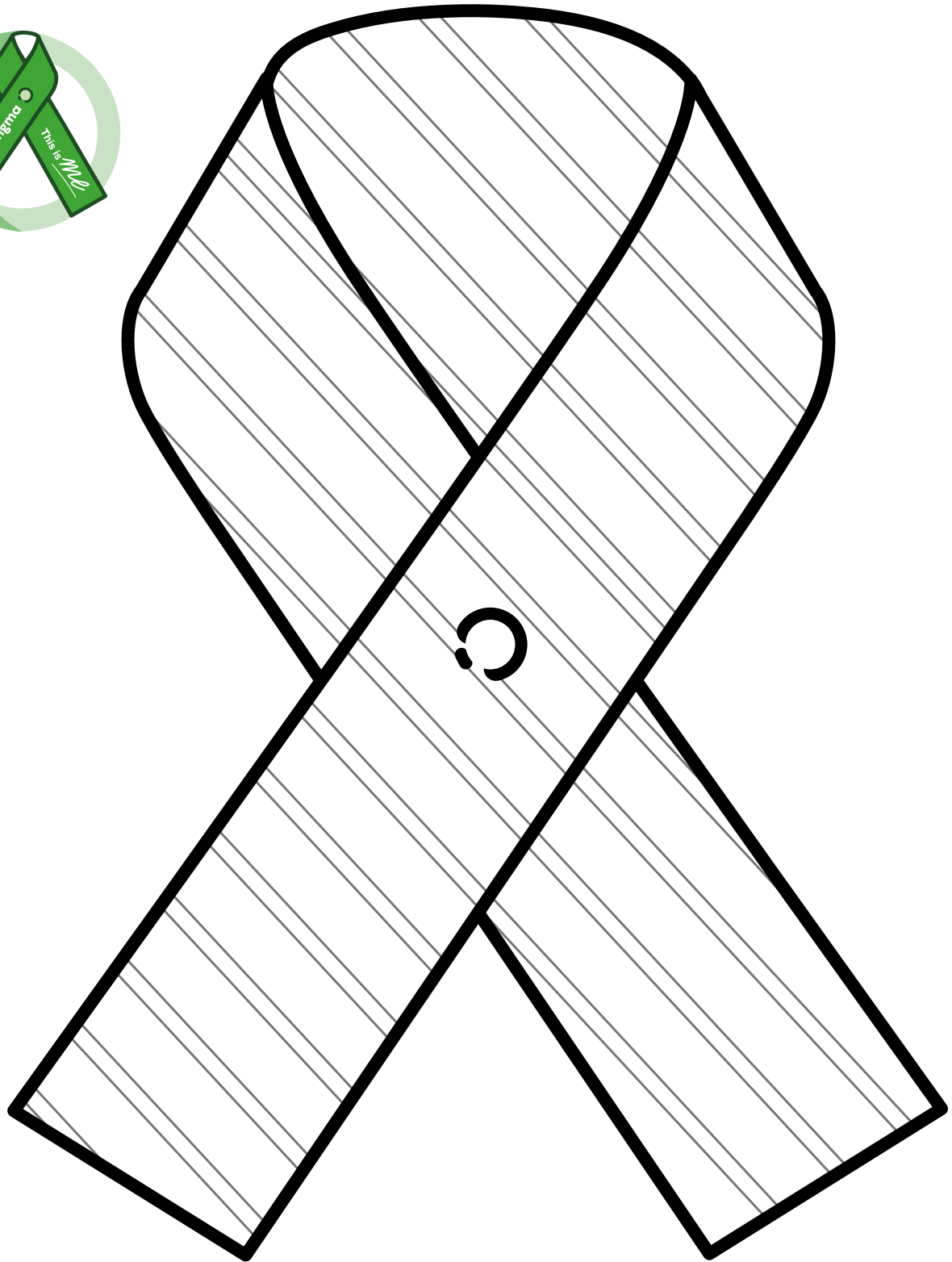
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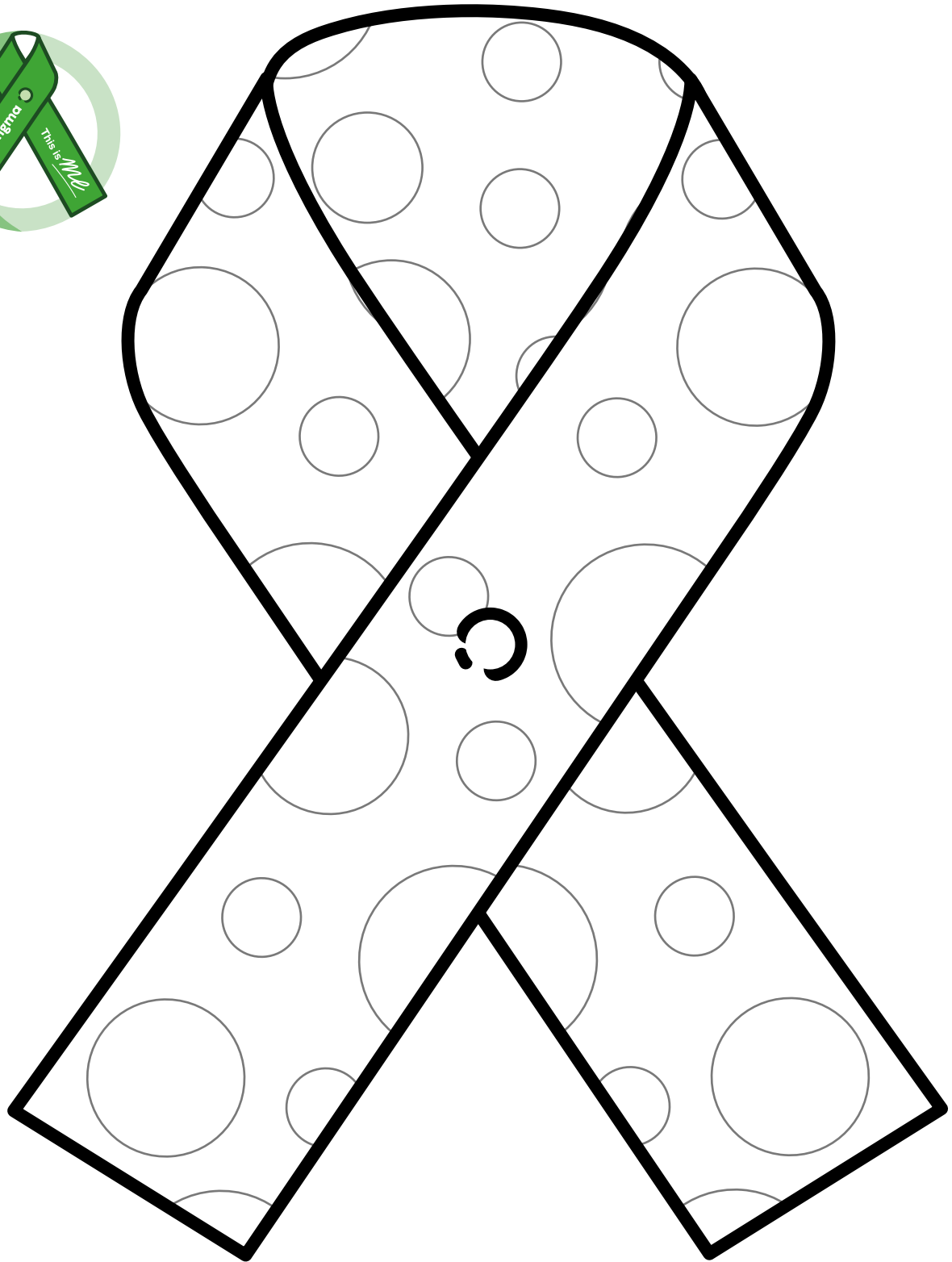
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