

# The Green Ribbon Campaign

Together we can  
**#endthestigma**  
of mental health



## Getting involved 2021

## Origami Green Ribbons

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 the instructions and template for an origami Green Ribbon.

This is something you could do alone, with your colleagues or other members of your household.

After you have created your Green Ribbon(s) you could:

- **Take a picture of the Green Ribbon**, with yourself, your colleagues and your household.
- **Make videos passing the Green Ribbon** off the screen and stitch the videos together with your colleagues, so that it looks like you are passing a Green Ribbon to each other
- **Upload to LinkedIn, Twitter, Instagram and Facebook** and using the hashtag **#endthestigma**.

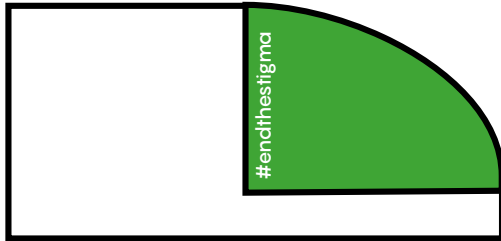
We are looking forward to seeing your creations!

This is *me*™





# Create an origami ribbon to support **The Green Ribbon Campaign**

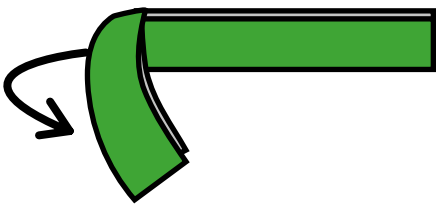


**1** Cut out the template (page 2)

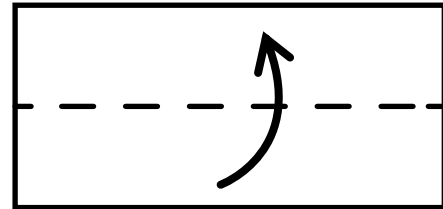
Turnover the sheet so  
#endthestigma is on the  
underside of the top right corner



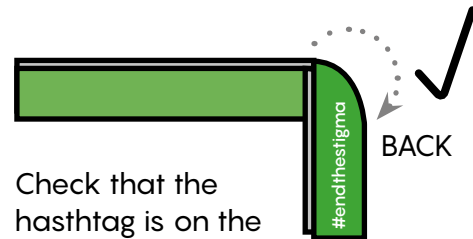
**3** Fold in half again



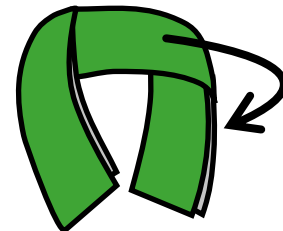
**4** Without creasing, bend the left side  
forward to make a loop



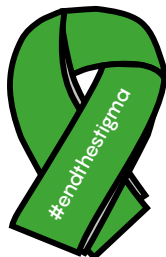
**2** Fold the paper in half



Check that the  
hashtag is on the  
right side on the  
back



**5** Without creasing, bend the right  
side backwards to make a loop



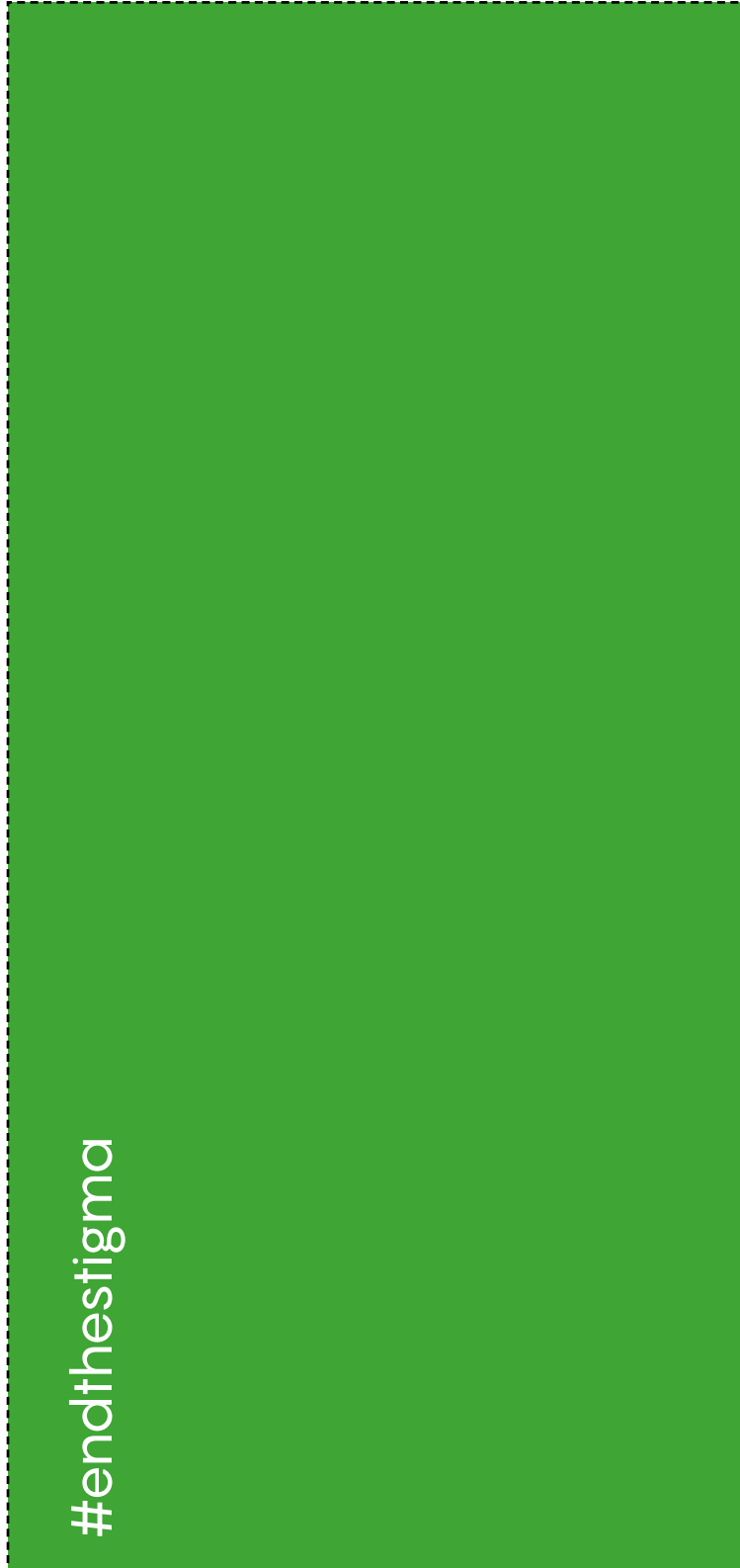
**6** Bring right end over left end



**7** Press down the corners and your  
ribbon is done!

Use this template to create your origami Green Ribbon. Alternatively you can use a sheet of A4, and fold or cut it into thirds along the long edge

This is *me*™



#endthestigma