



JOIN THE CONVERSATION #MindMatters2025

Youth MOVE Nevada is launching a campaign for
Children's Mental Health Action Month!

Share a video talking about mental health.
Here are a few ideas to get you started:

- ✿ What message of encouragement would you share with someone facing mental health challenges?
- ✿ What does mental health mean to you?
- ✿ What are your favorite self-care activities?
- ✿ How has talking about mental health helped you or someone you know?
- ✿ Share a personal experience with mental health and how you managed it.
- ✿ Why is it important to end the stigma around mental health?

**Use the hashtag #MindMatters2025
and tag us @YouthMOVEnv!**