#MindOurFuture 2 Minutes

December 15, 2015

Let’s create a movement that ends the fear, the shame, and the misunderstanding of mental health issues. The topic can be daunting and the unfamiliar makes many of us uncomfortable. So let’s break it down to its simplest form: A conversation — One that changes the narrative of mental illness from one of stigma to one of hope.

Millennials and GenZs, let’s rise to the occasion and be forever remembered for ending the stigma of mental illness once and for all. Share your story about lending help or reaching out for help during a mental health struggle by recording and uploading a video to YouTube tagged with #MindOurFuture.

Once we have viewed all of the videos, we will be selecting a handful of submissions to be featured in our next professionally produced, nationally distributed PSA!

Let’s start the conversation about mental health, and end stigma!

For more information, please visit www.BringChange2Mind.org.

http://instagram.com/bringchange2mind/

https://twitter.com/BC2M

https://www.facebook.com/BringChange2...

We want to extend our deepest gratitude to all of the participants who gave so generously of their time; MAUDE for creating the campaign and overseeing all design elements; Endeavor Films for directing, filming, and producing #MindOurFuture; MediaStorm for distributing the campaign to media outlets; Cloudstreet for directing our social media campaign; and both PMK BNC and Three Degrees for their publicity and marketing expertise.

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