# ‘Get Your Green On’ for Mental Health Awareness

**West Palm Beach, FL -** May is national Mental Health Awareness and Trauma Informed Care Month. Birth to 22: United For Brighter Futures, in partnership with the Trauma Informed Action Committee, is working to address current mental health concerns and statistics by encouraging communities to raise awareness of mental health and trauma-informed care through its countywide *Get Your Green On* campaign.

The sixth annual Get Your Green On campaign aims to foster safe spaces to talk openly about mental health and trauma, and to raise awareness by encouraging individuals to display their visible support by wearing green, the official color of mental health awareness, on May 20, 2021.

Community partners and cities throughout the county will present proclamations and host events during the month of May in support of better access to trauma-informed care - particularly in light of the COVID-19 pandemic, with the health, economic and mental health crisis that continues to impact many individuals and families in our community.

“Now, more than ever, is the time to address the impacts of trauma on our communities,” said Katherine Murphy and Lauren Zuchman, campaign co-chairs. “The Get Your Green On campaign encourages businesses, government agencies, nonprofits, and community members to work together to let people know they are not alone and support is available.”

To launch the awareness month, Children's Services Council of Palm Beach County is hosting a virtual kickoff event on April 30. This event will celebrate the community's effort to promote mental wellness and trauma-informed care and provide information about local projects. RSVP on Eventbrite: https://pbcgygo2021.eventbrite.com.

To get involved with the Get Your Green On campaign, wear green on May 20 and post pictures on social media using the hashtags #GetYourGreenOn and #GYGO2021. For more information, resources, and a GYGO engagement toolkit, visit www.getyourgreenon.org or contact Katherine Murphy and Lauren Zuchman, Get Your Green On campaign co-chairs.

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**About Birth to 22**
Birth to 22: United for Brighter Futures supports the healthy growth, development and education of Palm Beach County children and youth so that they can graduate from high school and succeed in life. The Birth to 22 Alliance is a Palm Beach County coalition, with more than 300 contributing community partners that set priorities and act to improve the lives of children and youth. For more information, visit pbcbirthto22.com.

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