



Contact Information – Get Your Green On Countywide Co-Chairs:

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Get Your Green On with us!

May is Mental Health Awareness and Trauma Informed Care Month and Palm Beach County is celebrating! Birth to 22: United For Brighter Futures is hosting the 7th annual Get Your Green on campaign countywide. Everyone in Palm Beach County is encouraged to **wear green** on May 19th and post pictures on social media (#GetYourGreenOn and #GYGO2022) to show their support for mental health awareness and trauma-informed care. In addition, cities all over the county will be presenting proclamations at Commission meetings and hosting events throughout May proclaiming the importance of taking care of mental health in their communities.

Important statistics to note: 1 in 4 adults and 1 in 5 youth (ages 13 to 18) experience serious mental health concerns, and 26% of children experience a traumatic event before the age of 4. Of those, 60 percent of adults and 50 percent of youth do not receive the necessary treatment due to limited or no knowledge of their mental health needs, barriers to care, or fear and shame.

Birth to 22: United For Brighter Futures are working to change these statistics by promoting awareness about behavioral health and encouraging communities to offer trauma-informed care. The Get Your Green On campaign aims to raise awareness by creating visible support (by wearing green on May 19th) and fostering safe spaces to talk openly about behavioral health and trauma. For more information about the campaign, how to get involved, resources, and a social media toolkit, please visit www.GetYourGreenOn.org or contact Katherine Murphy and Lauren Zuchman, Get Your Green On countywide Co-Chairs.

