

Blue Awareness Activities Challenge

The challenge is to do an activity that:

- creates public awareness about positive mental health
- educates people about suicide prevention and awareness
- helps reduce the stigma of mental illness

The challenge is open to **individuals, schools, businesses and community groups**.

Blue Awareness Activities Ideas

Blue Expressions – Any form of artistic expression ... drawings, paintings, photography, collage, pottery, posters, quilting, gardening, etc. The sky is the limit!!

Blue Performance – Any type of performance or presentation. Examples include public speaking, poetry, videos, music, songs, skits, plays, choir, Facebook entries, etc. Get creative!!!

Blue Day Projects– For communities, businesses, organizations, individuals and schools. Host your own Blue Day with Blue Awareness Activities. Encourage everyone to wear blue, have a blue bake sale, play a blue game, decorate in blue, etc. How much **blue awareness** can you incorporate into one day?



Send a **write up and photos** of your Blue Activity to:

Diane at springfieldseniors@mymts.net or Lana at seniorservices@mymts.net

Deadline for submissions is March 31, 2016.

All Blue Activities will be posted and acknowledged on the **AndrewDunn.org** website.

Questions?

Contact **Diane at 204-853-7582** in the Springfield region or
Lana at 204-268-7300 in the Beausejour/Brokenhead area.