



Want to help us ending stigma around mental health?
Here is what you can do!



Take a picture of you and/or your team with your **Each of Us badge** or the campaign leaflet



Share it on social media with the following hashtag:
#eachofus



You can also share your own story on the campaign's website **eachofus.eu**



Speak up! Share our **"10 Myths"** leaflet among your friends, family and colleagues!



Visit our website **eachofus.eu** to find out more on how we can help end mental health stigma together