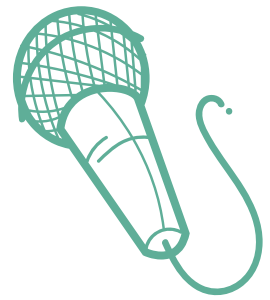


# Open Mic Event



## Why?

★ Leveraging storytelling and pursuing creativity are essential in eradicating stigma surrounding mental health conversations. Doing so in public spaces can allow students and communities to connect with one another, advocate together, and learn more about personal mental health stories.

Hold an open mic event for the school community and/or community beyond school for the awareness of mental health. Ask students to participate in whatever creative form they would like (ex: spoken word, original testimony, singing, dancing, visual arts, etc.)

This is a great opportunity to reach out to creative departments of your school such as the Art department, Music Department, school newspaper, etc.

Associated Presentations: Advocating for Change & Stigma 101

## Tips & How-To

★ For additional community involvement, coordinate with a local café and/or coffee shop to see if you can host your open mic night at their venue!

★ Have a set, organized plan with outlined time slots & speakers and/or performers. Introduce the event by sharing about your club, your personal experience with the club, and BC2M's mission!

★ Market the event (before, during, and after)! Initial marketing can be done through social media, word-of-mouth, fliers, emails, etc. to recruit open mic participants and share a 'save the date.' During the event, take videos and pictures with the consent of participants and attendees. After, share with messaging centered on mental health awareness!

★ Can use this event to fundraise for Bring Change to Mind's mental health efforts if you would like for attendees to get involved in impact.

