

# MENTAL HEALTH ADVOCACY ACCESSORIES



## PURPOSE:

### Why?

This is an interactive activity designed to raise awareness about mental health. Students will craft unique pins, buttons, and keychains, each serving as a powerful symbol of support and awareness. This initiative empowers students to spread positive messages about mental health, fostering an informed and compassionate school community dedicated to mental well-being.

## HOW TO:

### Materials & Budget

#### Beaded Mental Health Keychain:

- Green & Letter Beads (\$20)
- Elastic String (\$10)
- Keychain Clip (\$10)

#### Mental Health Ribbon:

- Green Ribbon (\$10)
- Safety Pins (\$5)

#### Mental Health Buttons:

- Button Maker and supplies (\$30-50)
  - [Amazon Button Maker](#)

### Instructions

#### Beaded Mental Health Keychain:

- Measure out your elastic string to around 12 inches and cut using the scissors.
- Tie a knot with your elastic string to your keychain clip.
- Add your green beads and or use the letter beads to the elastic string
  - You can include phrases like, "strong," "love," or "hope" on your keychain.
- Attach to your backpack, purse, or keys to promote mental health awareness!

#### Mental Health Ribbon:

- Measure out your green ribbon to around 6-10 inches and cut using the scissors.
- Create a loop with the ribbon, crossing the ends over each other to form the classic awareness ribbon shape.
- Use a small safety pin to secure the ends where they overlap, making sure the pin is on the back side of the ribbon.
- Pin the ribbon to your clothing or bag to show your support for mental health.

## Mental Health Button:

- Purchase your Button Maker and Supplies from Amazon: [Amazon Button Maker](#)
- Read this article on how to create your own buttons: [How to Make Buttons](#)
- Find mental health graphics online or create your own mental health designs for your buttons!
- Follow along with this YouTube tutorial for additional help: [Button Tutorial](#)

## Timeline

Preparation time for this activity is a few days. You will need to buy all the materials needed to make the mental health beaded keychain or pin. This activity can take 20 minutes or longer.

## Impact

This activity is great for club meetings as it is a fun, hands-on activity that you can make in your meeting room and spread awareness and show solidarity in promoting mental health in your school community.

## Example(s)

Beaded Mental Health Keychain:



Mental Health Ribbon:



Mental Health Button:



Post photos from this activity to your club  
Instagram and tag @bc2mhhschool

