



**LET'S END MENTAL HEALTH STIGMA
FOR A BRIGHTER WEST VIRGINIA**

An educational coloring book Illustrated by West Virginia children & teens...

TIP SHEET FOR PROGRAM LEADERS & SERVICE PROVIDERS

1. You are welcome to download the pdf file of the book from our website (below) and reproduce as many copies as you wish for classroom, recreation or therapeutic use.
2. The back cover page contains a blank box at the bottom for you to label, stamp or otherwise **customize the book with your agency logo/contact information**.
3. You might want to get **bulk packages of crayons** from your favorite dollar store, Oriental Trading, or other sources to give out. (8 or 16 packs recommended; Crayolas are a dependable brand).
4. Think about working with a local business, school or store to promote a local **coloring contest** using the separate pages of this book, and/or the cover page. This is a great way to extend the message and involvement of young artists in your community! Perhaps a sponsor could help judge and offer a gift card or merchandise prize; a store or school could display the entries for the public to judge, etc.
5. Although the artwork was done by young people, the messages apply to adults as well. **Use of this book is not limited to children!**
6. Don't forget about our 2009 book, the **WV "Cool Kids" Toolkit**, also available for download on our website.

Published May 2013 in honor of Mental Health Month & National Children's Mental Health Awareness Week

www.wvsystemofcare.org