

# How to Get Involved in the Washtenaw County #WishYouKnew Campaign

## 1. Tell your story

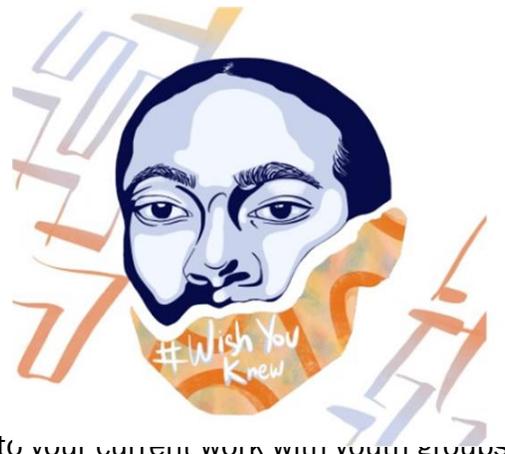
- Share a campaign message or personal story in a video or audio clip
- Can be as personal or general as you'd like
- Anywhere from 15 seconds to a couple minutes
- Can be individual or in a group
- Can be made voice-only (wouldn't use your image/face/name)
- Multilingual videos welcome and encouraged

### Ideas and themes for stories:

- What helps you manage stress or reach out for support
- What support looks like for you
- How you wish adults responded to your mental health concerns
- Open/Supportive communication
- Group saying messages together-- #wishyouknew phrases or letting adults hear the stigmatizing comments you've been told
- Stress, Coping, Support
- Patience & Persistence
- Diversity & Inclusion
- Resilience
- Criminalized Behavior
- Bullying
- Social Media
- School
- Trauma
- Discrimination/ Oppression
- Trust & Confidentiality
- Denial
- Crisis

## 2. Other ways to get involved

- Artwork modeling – artist would use your photo as inspiration for a graphic. Example to the right.
- Connect us with people who might want to share a story through the campaign: youth, parents, grandparents, trusted adults in the community
- Promote campaign materials through social media and word-of-mouth
- Integrate campaign materials and activities into your current work with youth groups
- Reach out to chat about bringing campaign materials/activities to your org
- Distribute swag/materials at community events
- Provide feedback throughout the campaign and evaluation
- Send us your ideas for growing the Wish You Knew campaign in your community



Contacts: Elsie Serrano [serranoe@washtenaw.org](mailto:serranoe@washtenaw.org) and Easheta Shah [shahe@washtenaw.org](mailto:shahe@washtenaw.org).