

AFFILIATE GUIDE TO MAKING YOUR OWN MENTAL HEALTH MONTH MATERIALS (THAT MATCH THE TOOLKIT)

FONTS

Poppins Bold 22pt →

Poppins Medium 11pt →

Poppins Bold 16pt →

Poppins Regular 10pt →

→ WHERE TO START ←

4 THINGS LIKELY AFFECTING YOUR MENTAL HEALTH, AND 4 THINGS YOU CAN DO ABOUT IT

Relationships or the pressures of performing at work or school are things we all know can have an impact on mental health, but sometimes it's less obvious when the world around you is what's causing problems. Whether you realize it or not, one or maybe all of these four things are probably affecting your mental health in some way right now.

CURRENT EVENTS

Violent events impact people across the world. Maybe you have family in a conflict zone, are worried about increases in identity-based hate, or have no personal ties to a particular news event but are constantly seeing graphic images online. A 2022 study found that 73% of American adults reported being overwhelmed by the number of crises going on in the world.

LONELINESS

SOCIAL DRIVERS

Social drivers (also called social determinants) of health are the conditions in which you live, work, learn, and play. These include economic status, education, your neighborhood, access to resources (nutritious food, health care, green space, transportation, etc.), and social inclusion, and can have a far-reaching impact on not just your physical health, but also your mental health. One social driver that seems to be on everyone's mind is the economy.

The Poppins family of fonts is available for free download at fonts.google.com/specimen/Poppins.

COLORS

Blue, gold, and teal (in various tints) are the main colors used throughout the toolkit. You may also want to incorporate shades of green into your May materials, as green is the official awareness color for mental health.

Blue

Pantone 294U
CMYK 100.53.2.21
RGB 56.89.136
Hex #385988

CMYK 100.53.2.21 @ 75%
RGB 106.131.166
Hex #6A83A6

CMYK 100.53.2.21 @ 50%
RGB 156.172.196
Hex #9CACC4

CMYK 100.53.2.21 @ 20%
RGB 215.222.231
Hex #D7DEE7

Gold

Pantone 137U
CMYK 0.29.84.0
RGB 255.159.55
Hex #FF9F37

CMYK 8.51.94.0
RGB 230.143.50
Hex #E68F32

CMYK 0.29.84.0 @ 30%
RGB 255.226.195
Hex #FFE2C3

Teal

CMYK 79.15.35.0
RGB 0.162.169
Hex #00A2A9

CMYK 87.34.46.9
RGB 0.124.130
Hex #007c82

CMYK 79.15.35.0 @ 60%
RGB 102.199.203
Hex #66C7CB

CMYK 79.15.35.0 @ 25%
RGB 191.232.234
Hex #BFE8EA

Green

CMYK 44.0.100.0
RGB 156.2066.45
Hex #9CCE2D

CMYK 57.8.100.0
RGB 126.180.32
Hex #7EB420

CMYK 44.0.100.0 @ 30%
RGB 225.240.192
Hex #E1F0C0

NOTE

Pantone = spot color system (for printing)
CMYK = cyan, magenta, yellow, black (for printing)
RGB = red, blue, green (for screen)
Hex = hexadecimal (for web)