



# Green Ribbon Walk

## Activity Guide



Welcome to the Green Ribbon Walk Activity Resource Guide! Organised as part of the This is Me campaign, this guide is designed for organisations in Guildford to facilitate a meaningful and engaging activity during Mental Health Awareness Week. This year's theme is movement, and what better way to promote movement and mental wellbeing than through a community walk in the shape of a Green Ribbon?



### Objective

The primary objective of the Green Ribbon Walk is to raise awareness and show support for ending the stigma around mental health. By wearing green ribbons and participating in the walk, organisations demonstrate their commitment to supporting mental health initiatives and creating a culture of openness and understanding.

### Date & Time

The Green Ribbon Walk can be organised during Mental Health Awareness Week 13th – 19th May. Choose a date and time that works best for your organisation and encourage as many team members as possible to participate. From point A to point B take approximately 50 minutes to walk.

### Materials Needed

- Green ribbons for participants to wear during the walk. These can be purchased [here](#).
- Printed copies of the green ribbon walk map, or share the link to the digital map [here](#).
- Camera or smartphone for taking photos.
- Refreshments or snacks (optional).

### Location

The walk can start or end at Walnut Bridge, participants can then take a group photo on the bridge to mark the occasion and share it on social media using the hashtags #GreenRibbonWalk and #EndTheStigma to raise further awareness.

- A) Three Pigeons, High Street, Guildford  
B) Walnut Bridge, Bedford Road, Guildford

Download your digital map [here](#).





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## Activity Steps



### 1 Preparation



- Obtain green ribbons for all participants. These can be ordered online via the Green Ribbon website [here](#).
- Arrange a date and time for your organisation to meet (either starting at Mansion House or the Salesforce Tower).
- Promote the event within your organisation using email, leaflets, and social media.

### 2 Gathering



- Choose a meeting point for participants to gather before the walk. This could be outside your organisation's office or at point A or B on the map.
- Distribute green ribbons to all participants and provide any additional information about the walk, including sharing a link to the [digital map](#).
- Allocate someone to lead the walk.

### 3 Walk



- Begin the walk at the designated time, ensuring everyone wears their green ribbons prominently.
- As you walk, encourage participants to check in with each other, and maybe share their own experiences or stories around mental health if they feel comfortable doing so.
- If possible, have someone provide information about mental health awareness along the route.

### 4 Photo Opportunity



- Arrive at Walnut Bridge and take a group photo in front of the river, making sure everyone is wearing their green ribbons.
- Record videos on the walk to showcase the team uniting together to shine a spotlight on mental health.
- Share the photos and videos on social media with the hashtags #GreenRibbonWalk and #EndTheStigma, tagging @LMAppeal to raise awareness beyond your organisation.

### 5 Reflection



- After the photo opportunity, gather participants for a brief reflection on the walk and its significance.
- Thank everyone for participating and encourage ongoing conversations about mental health within your organisation.
- Provide information about mental health support resources available for anyone who may need them.

### Additional Tips



- Consider inviting a guest speaker or mental health professional to address participants before or after the walk.
- Encourage participants to continue wearing their green ribbons throughout Mental Health Awareness Week to show ongoing support.
- Follow up with participants after the event to gather feedback and ideas for future initiatives.

By organising a Green Ribbon Walk, your organisation can play a significant role in raising awareness, ending the stigma around mental health, and fostering a supportive community for all individuals. Thank you for your commitment to this important cause!

For further information on the This is Me campaign and ideas for other workplace wellbeing activities, visit the [This is Me Resource Hub](#) by scanning the QR code.

