



JOIN THE MOVEMENT. PAINT A BENCH!

Green Bench OC is a movement to improve community understanding and acceptance of mental health and wellness in Orange County. We're inviting OC cities, parks, schools, libraries, community centers, and organizations *like yours* to join the **#GreenBenchOC** movement. When you paint a bench lime green, you help reduce stigma and create safe spaces for mental health conversations!

Why lime green?

The green ribbon is the international symbol for mental health awareness. Green Bench OC adopted lime green as our official campaign color since it is clearly visible in a variety of locations from parks, to schools, businesses and more!

Why benches?

Our benches serve as a reminder to sit and have a conversation about how we are feeling. When we share and listen to one another empathetically we create safe spaces for people to discuss their mental health.

GreenBenchOC.org | PromisetoTalk@gmail.com