

INVITATION

Ready. Set. Go Green!

Let's Go Green Together: Join Us in Promoting Mental Health Awareness

As advocates for mental health awareness, the Maryland Department of Health Behavioral Health Administration's Office of Integrated Wellness and Prevention, Mental Health Association of Maryland, Maryland Center for Problem Gambling are reaching out to invite you and your esteemed organization to join us in a special campaign focused on raising awareness for mental health issues.

Mental health is health and is integral to overall well-being, yet it often remains a topic shrouded in stigma and misunderstanding. As we strive to foster a culture of openness, support, and understanding, we believe it is crucial to shine a light on mental health concerns and the resources available for those who may be struggling.

In light of this, we are kicking off the 2026 "Go Green" mental health awareness campaign, to spread the message that Maryland believes that mental health is health. "Going Green" symbolizes growth, hope, and solidarity in the face of mental health challenges. We would be honored to have your organization's participation. To sign up, go to mhamd.org/yes-to-green.

We invite you to participate in the following ways:

Light Up Your Buildings: Show your support for mental health awareness by illuminating your buildings or prominent landmarks with green lights throughout the campaign period. Green is the color associated with mental health awareness, and your gesture will serve as a beacon of hope and solidarity for individuals and communities affected by mental health issues.

Wear Green: Encourage your staff, colleagues, and members to wear green attire on designated days during the campaign. This simple yet powerful act demonstrates your organization's commitment to mental health advocacy, sparks meaningful conversations, and promotes awareness in your community.

Share Your Pictures on Social Media: Capture the spirit of your organization's involvement by taking photos of your green-lit buildings and staff wearing green attire. Share these images on your social media platforms using the campaign hashtags to amplify the message and inspire others to join the movement. #gogreen

Connect with Us and Join the Movement!

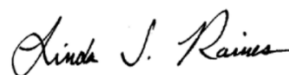
We sincerely hope that you will consider joining us in this critical endeavor. Together, let's make a difference in the lives of those affected by mental health issues and work towards a future where everyone has access to care and support. Please contact us with any questions. We look forward to collaborating with you and your organization to raise mental health awareness.

Let's make all of Maryland green! Sign up now: mhamd.org/yes-to-green.

RSVP as a partner in promoting Mental Health Awareness by Going Green to be recognized on our website as a partner!



Rachel Talley, MD
Acting Deputy Secretary
Chief Medical Officer
Behavioral Health Administration
Maryland Department of Health



Linda J. Raines
Chief Executive Officer
Mental Health Association
of Maryland


Beyond Green

Go Green partners across Maryland are committed to supporting mental health awareness not only during the campaign, but throughout the entire year. The organizations below continue this work throughout the year by providing education, resources, community events, and support services that strengthen mental health across our communities.

Maryland Center of Excellence on Problem Gambling

The Maryland Center of Excellence on Problem Gambling is proud to support Go Green 2026 and continue promoting mental health and recovery throughout the year. Through statewide training, community outreach, peer support, and public education, the Center works to raise awareness about problem gambling and connect Marylanders with help. The Center will continue sharing resources, data, and messages of hope through trainings, partnerships, and public awareness efforts. You can access more information at their Center Site, mdproblemgambling.com, or Help Seeker site, helpmygamblingproblem.org.

Maryland Problem Gambling Helpline: **1-800-GAMBLER (1-800-426-2537)**



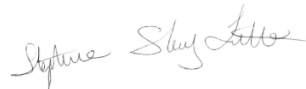
Heather Eshleman
Director of Operations
Maryland Center for Problem Gambling with signature.



The Maryland Center of Excellence
on Problem Gambling

National Alliance on Mental Illness – Maryland

NAMI Maryland is honored to support Go Green 2026 and continue promoting mental health awareness throughout the year. As the state's largest grassroots mental health organization, NAMI Maryland provides education, advocacy, and support for individuals and families affected by mental health conditions. Through trainings, community presentations and events, and peer-led programs, NAMI Maryland helps ensure that people across the state have access to information, support, and hope. Help is here and NAMI Maryland, namimd.org, is the Way.



Stephanie Slowly Little MSW, LCSW-C
Executive Director
National Alliance on Mental Illness - Maryland



American Foundation for Suicide Prevention – Maryland Chapter

The American Foundation for Suicide Prevention Maryland Chapter is proud to join Go Green 2026 and continue advancing suicide prevention efforts across the state. Throughout the year, AFSP Maryland brings communities together through education, advocacy, and events such as the Out of the Darkness Walks. The chapter works to raise awareness, reduce stigma, and connect individuals and families with resources, support, and training. You can learn more and print resources at afsp.org/Maryland.



Marina Thompson
Area Director, Maryland
American Foundation for Suicide Prevention



**American
Foundation
for Suicide
Prevention**

Maryland