



The João José 'John' Santos Charitable Organization

From STIGMA to EDUCATION
*'Bringing depression and suicide
prevention into the spotlight'*
www.johnsantoscharitableorganization.org

~ May is Mental Health Awareness Month ~

~ RIBBON AWARENESS CAMPAIGN IN CENTRAL JERSEY ~

In recognition of Mental Health Awareness Month, the John Santos Charitable Organization is holding their annual Ribbon Awareness Campaign in multiple counties to continue raising public awareness, educate families on their quest in understanding mental health challenges, prevent suicides. Suicide is complex, yet preventable and the stigma associated with this will diminish **only** through education!!

On **May 1st/May 2nd**, **red** ribbons with messages of **HOPE** will be affixed to the trees of multiple municipalities to increase awareness for mental health disorders and stigma for those who walk, run, bicycle, or drive these towns during the month of May.

All are invited to participate to help educate and empower community families; many of them have been living in the dark and shadows of mental health disorders. Helps us be a beacon of **HOPE** to them as we commemorate May as Mental Health Awareness Month.

We are in need of wonderful volunteers; donations of white sharpie paint pens and **red** ribbon (2" wide)

To donate and/or to volunteer, please contact:
augusta@johnsantoscharitableorganization.org | 908-938-0392