

#STIGMAFREEFISHERS

Movember Campaign Toolkit





Stigma Free Fishers:

Stigma Free Fishers is an appeal to Fishers, Indiana residents to reject stigmatizing attitudes towards mental health and instead pledge to be stigma-free.

Take the pledge at stigmafreefishers.com where you can also:

- Learn more about mental health,
- See the Person, Not the Illness, and
- Take action

Join the Network!

1. Create your Movember account at movember.com
2. Join the City of Fishers Movember Network at <https://moteam.co/city-of-fishers?mc=1>
3. Create your team (and recruit your friends, family and coworkers to participate or donate a dollar!)
4. Join the **Kick Off to Movember** on Wednesday, November 1st from 5 to 7 p.m. at Four Day Ray Brewing. The pre-event photo will be taken right at 6 p.m., and complementary appetizers will be served.
5. Talk about your involvement with Movember through the entire month of November! Be sure to share the Movember Facebook event, hosted on the [Four Day Ray Brewing Facebook page](#).
6. Join the **Close Out of Movember** on Thursday, November 30th from 5 to 7 p.m. at Four Day Ray Brewing. The close out event will include a group photo at 6 p.m., to show off those hairy faces, and complementary appetizers will be served.

Our Motivation:

In Fishers, we have championed a collaborative mental health initiative in an effort to raise awareness of the mental health challenges that exist in our community and ensure that our residents have access to resources that will both prevent crises and help individuals when crises occur. In order to make real strides on this front, we must become a stigma-free community. StigmaFreeFishers is an appeal to Fishers, Indiana residents to reject stigmatizing attitudes towards mental health.



Suggested Social Posts:

I'm participating in #movember to raise awareness of #mentalhealth and #stigmafreefishers. Join the network! <https://moteam.co/city-of-fishers?mc=1>

We want to be a #stigmafreefishers & you can help! <https://moteam.co/city-of-fishers?mc=1>#movember

We lessen the stigma every time we talk openly about mental health. #stigmafreefishers #movember <https://moteam.co/city-of-fishers?mc=1>

Join me in the fight against suicide. #stigmafreefishers #movember <https://moteam.co/city-of-fishers?mc=1>

#MentalHealthMatters! Join the #stigmafreefishers network to show your support. #movember <https://moteam.co/city-of-fishers?mc=1>

Help us become a #stigmafreefishers. Take the pledge here: <https://moteam.co/city-of-fishers?mc=1> #movember

Fight the stigma, share your story at <https://moteam.co/city-of-fishers?mc=1>!
#MentalHealthMatters #StigmaFreeFishers #movember

Stand up to stigma, let's talk about mental health! <https://moteam.co/city-of-fishers?mc=1>
#movember

Want to join the #stigmafreefishers #movember network? We'd love to have your support!
<https://moteam.co/city-of-fishers?mc=1>

No one should suffer in silence. This #movember, let's talk about #mentalhealth!
<https://moteam.co/city-of-fishers?mc=1>#stigmafreefishers

#Movember is for everyone, even if you can't grow a mustache! Join the #stigmafreefishers network to show your support. <https://moteam.co/city-of-fishers?mc=1>