

#WalkInMyShoes

Every journey begins with a single step. Help us make the world a little more hopeful and connected by sharing the story of your mental health journey and what it's like to walk in your shoes. Let's change the world, one step at a time, by spreading awareness and letting others know that they are not walking alone!

In honor of Children's Mental Health Awareness Week, ACMH is offering a three-part virtual event to support youth/young adults and their families in sharing their voices and stories to spread hope, connection, and mental health awareness.

Event Schedule

Strategic Storytelling & Social Media Workshop | April 10th, 2021

ACMH will hold a workshop to teach youth/young adults and families how to strategically share their mental health journey and use social media as a tool to reach others. Participants will learn how they can get involved in our #WalkInMyShoes hashtag event across Facebook, Twitter, Instagram, and TikTok.

#WalkInMyShoes Hashtag Event | April 9th - May 7th, 2021

ACMH will make space for youth/young adults and their families to create videos that capture what it's like to walk in their shoes or share a mental health awareness message that's meaningful to them. Everyone is welcome to participate! Please share your videos on Facebook, Twitter, Instagram, and TikTok, use the hashtag #WalkInMyShoes and tag ACMH when you post. Videos may also be submitted to us directly on the ACMH website.

#WalkInMyShoes Screening | May 7th, 2021

ACMH will host a special event showcasing the submissions that we received to shine light on the real experiences of youth/young adults and their families have in their mental health journey.



For more details, please visit acmh-mi.org, or email Sara Reynolds at sreynolds@acmh-mi.org.