

Start #ErasingTheStigma now!

- 1. Record your #ErasingTheStigma / #StoppingTheSpread video**
on your phone by following the instructions on the graphics below.
- 2. Download / save the #ErasingTheStigma graphics to your phone**
click on graphics below to download, or take a screenshot.
- 3. Post your video on your social media channels**
post far and wide, wherever you're active: Instagram Story, Instagram profile, Facebook Timeline, Facebook Story, LinkedIn, Twitter, TikTok.
- 4. Once you've posted your video, download the below image and share** as a Facebook or Instagram story. Mention Didi Hirsch and tag 4 friends to take the challenge!

Sized for Instagram, Facebook, Twitter, LinkedIn profile post.

Click to download or take a screenshot.

Do This for Mental Health
#ErasingTheStigma #StoppingTheSpread

1. With removable ink/make-up, **write the word "STIGMA"** on your hand.
2. **Video yourself.** Show your hand with "STIGMA" to the camera.
3. **Wash your hands**, scrubbing "STIGMA" away. Make it fun. Include your kids.
4. **Show** your clean hands to the camera.
5. **Share** these graphics/ tag @didi_hirsch + 4 friends, use #ErasingTheStigma/#StoppingTheSpread.

Make a gift at www.ErasingTheStigma.org



erasing the stigma campaign

Sized for Instagram Story. Click to download or take a screenshot.

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#StoppingTheSpread

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******When posting to Instagram story you can add a donate button using “stickers”**

Once you’ve selected your video from your camera roll, simply click the square smile “sticker” icon at the top of the screen, find the “DONATION” button, search “Didi Hirsch”, click done ****