

PUSH FOR MENTAL HEALTH



ACTIVITY

Taking the First Step

1

This activity represents taking a first step toward greater openness, understanding, and support for mental health—whether it's for yourself or for someone else. Just like a gentle push on a skateboard sets it in motion, taking that first step can start a journey toward recovery, connection, and awareness. We encourage participants to capture the moment—either by filming or photographing their push—and share it with the campaign hashtag.

Meaning:

The push represents the courage to begin a journey toward mental health awareness, recovery, or reaching out for help.

Steps:

Amount of people required for the activity: 1 (2)

(1 Person taking the picture), 1 Person does the push

- A person stands on a skateboard
- Person does a push on the skateboard
- Assistant takes a picture or the person doing the activity films themselves



PUSH FOR MENTAL HEALTH



ACTIVITY

Standing Together

2

Simply standing balanced on a skateboard may seem like a small action, but it can carry a powerful meaning. The act of finding your balance represents stability, focus, and grounding, reminding us of the strength it takes to stay steady in life. When done as a group, with people standing side-by-side on their boards, it becomes a visual symbol of unity and solidarity—showing that together, we can stand strong against stigma and support one another.

Meaning:

When done as a group, it visually represents people supporting one another, standing together against challenges, stigma, or social pressure.

Steps:

Amount of people requires for the activity: 2+
Min. 2 people doing the activity together:

- Gather People
- Everyone is standing on a skateboard
- (One person holds up a sign with our hashtag and logo)
- Taking a photo



PUSH FOR MENTAL HEALTH

ACTIVITY



3

Moving Forward Together

This activity focuses on a sense of community, intergenerational support, and positive mental health impacts. In a simple collective movement, everyone stands on a skateboard while others give them a gentle push forward. The action may be minimal, but the message is powerful: support, motivation, and help don't necessarily have to come from ourselves; it can also come from the people around us. Being pushed forward shows that it is okay to lean on others, to ask for help, and that progress is often easier when we are supported by a community. Done as a group, this activity creates a powerful image of people moving forward side by side, reminding us that no one has to face life's challenges alone.

Meaning:

Being gently pushed on a board requires letting someone else help you move, symbolizing that it's okay to rely on others. The act of rolling represents progress and moving forward in life. When done together, it shows that progress can be easier and more enjoyable with support.

Steps:

Amount of people required for the activity: 2+ (1 Person taking the picture), min. 2 people doing the activity together

- At least two people carry out the activity, including one taking the photo.
- Gather people
- One person stands on a skateboard (another person holds a sign with our hashtag and logo).
- One person gives them a push.
- Take a photo.



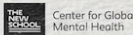
Toolkit

World Mental Health Day

2025

PUSH FOR MENTAL HEALTH

Pushing Towards Mental Health For All



Center for Global Mental Health

change X



Taking the First Step

ACTIVITY 1

1

This activity represents taking a first step toward greater openness, understanding, and support for mental health—whether it's for yourself or for someone else. Just like a gentle push on a skateboard sets it in motion, taking that first step can start a journey toward recovery, connection, and awareness. We encourage participants to capture the moment—either by filming or photographing their push—and share it with the campaign hashtag.

Meaning:

The push represents the courage to begin a journey toward mental health awareness, recovery, or reaching out for help.

Steps:

- Amount of people required for the activity: 1 (2) (1 Person taking the picture), 1 Person does the push.
- A person stands on a skateboard
 - Person does a push on the skateboard
 - Assistant takes a picture or the person doing the activity films themselves



Standing Together



Simply standing balanced on a skateboard may seem like a small action, but it can carry a powerful meaning. The act of finding your balance represents stability, focus, and grounding, reminding us of the strength it takes to stay steady in life. When done as a group, with people standing side-by-side on their boards, it becomes a visual symbol of unity and solidarity—showing that together, we can stand strong against stigma and support one another.

Meaning:

When done as a group, it visually represents people supporting one another, standing together against challenges, stigma, or social pressure.

Steps:

- Amount of people requires for the activity: 2+
Min. 2 people doing the activity together.
- Gather People
 - Everyone is standing on a skateboard
 - (One person holds up a sign with our hashtag and logo)
 - Taking a photo

ACTIVITY 2



ACTIVITY 3

Moving Forward Together

This activity focuses on a sense of community, intergenerational support, and positive mental health impacts. In a simple collective movement, everyone stands on a skateboard while others give them a gentle push forward. The action may be minimal, but the message is powerful: support, motivation, and help don't necessarily have to come from ourselves; it can also come from the people around us. Being pushed forward shows that it is okay to lean on others, to ask for help, and that progress is often easier when we are supported by a community. Done as a group, this activity creates a powerful image of people moving forward side by side, reminding us that no one has to face life's challenges alone.

Meaning:

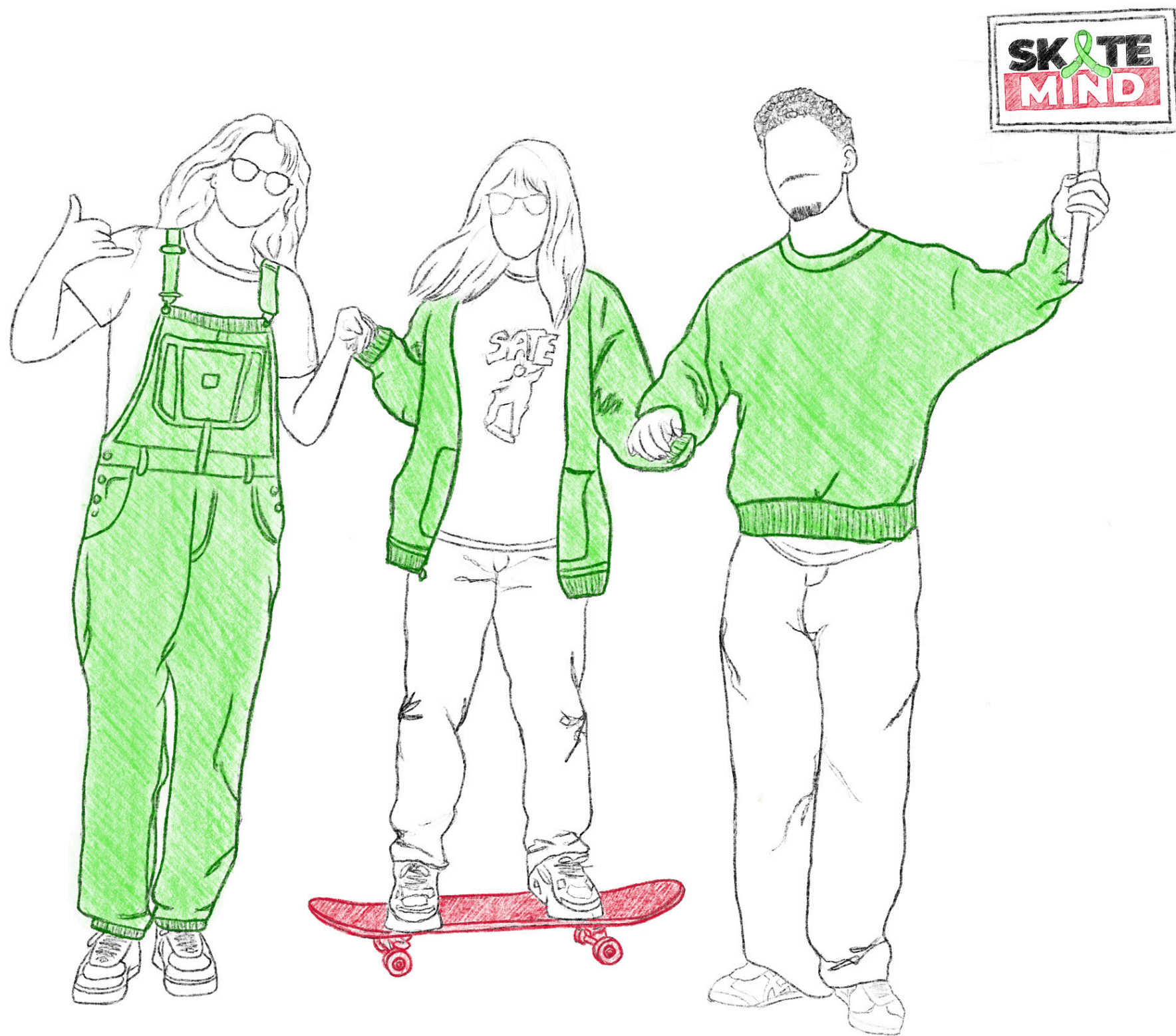
Being gently pushed on a board requires letting someone else help you move, symbolizing that it's okay to rely on others. The act of rolling represents progress and moving forward in life. When done together, it shows that progress can be easier and more enjoyable with support.

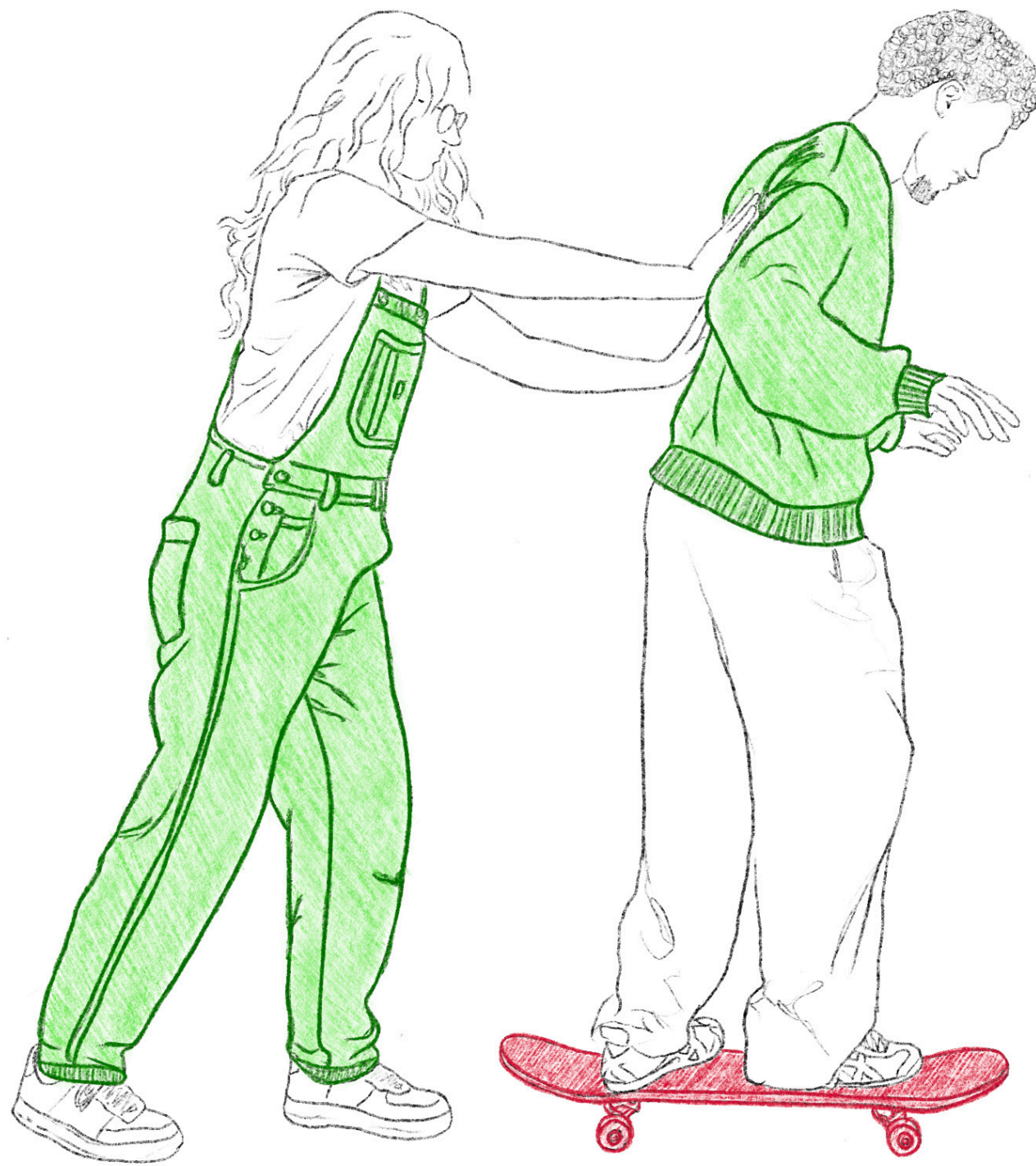
Steps:

- Amount of people required for the activity: 2+
(1 Person taking the picture), min. 2 people doing the activity together.
At least two people carry out the activity, including one taking the photo.
- Gather people
 - One person stands on a skateboard (another person holds a sign with our hashtag and logo)
 - One person gives them a push.
 - Take a photo.









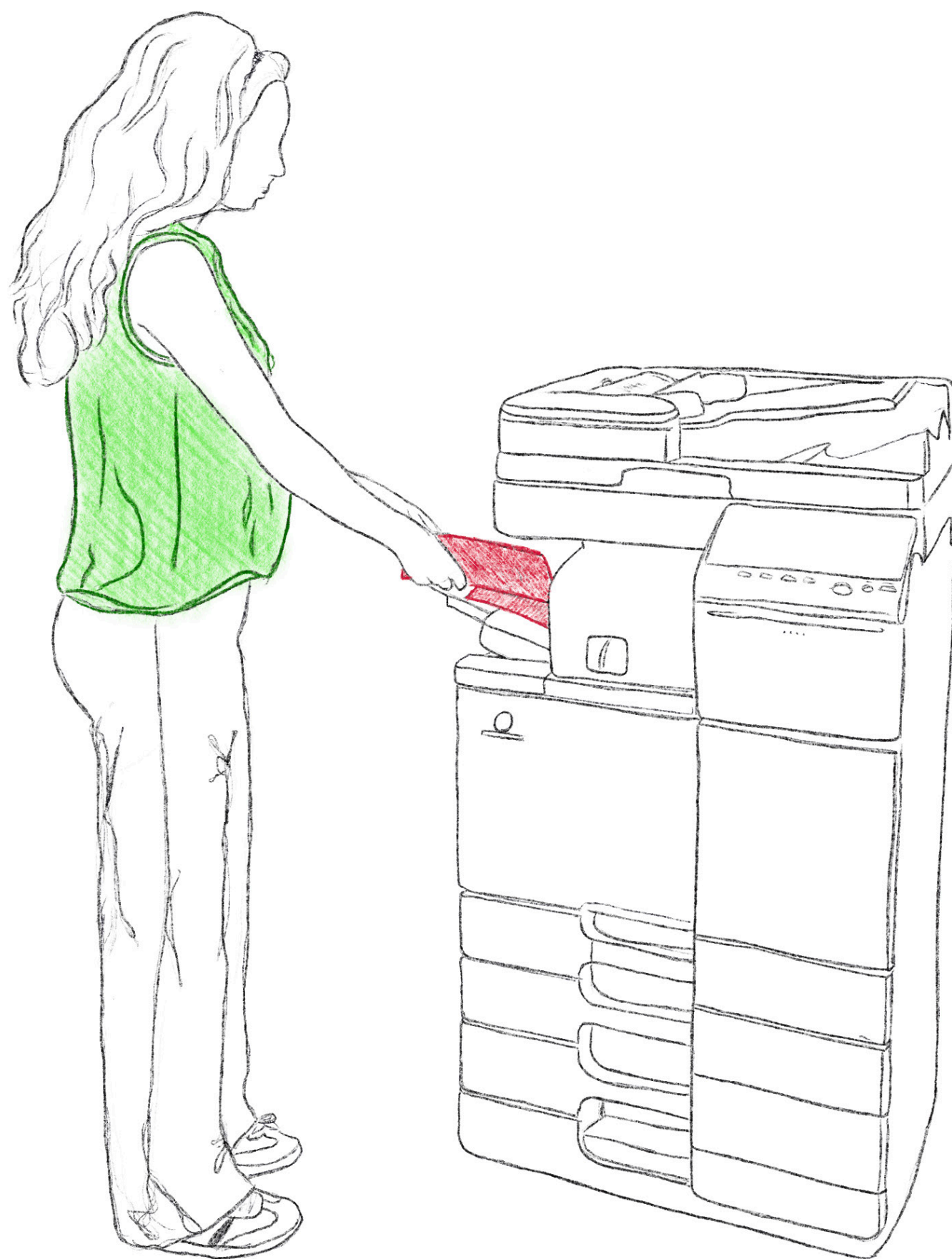












SKATE

MIND