

Why Green?

"Building Circles of Wellness"

Green is the official color for National Children's Mental Health Awareness Week. The green ribbon brings public awareness to the needs of children and youth with emotional, behavioral and mental health challenges and their families across the nation. We use the color green because it symbolizes growth, support, health, healing and hope. **Green** is known to have positive physiological and psychological effects such as promoting muscle relaxation, calmness, comfort and healthy heart function. Green also helps equalize and soothe emotions. Green represents peace, harmony, balance, restoration and well-being.

