

We are so excited to invite you to join us for the first ever GLOBALLY coordinated event to change the culture of mental health! Take a look at the information below – reach out if you have any questions and get ready to amplify the important work you are doing to change the culture of mental health!

Welcome to A Week to Change Direction!

Join us for **A Week to Change Direction - June 9th through 15th**! We have an inspiring toolkit to help you get the most out of the week.

What is A Week to Change Direction?

- Our goal is to raise awareness and increase support for efforts like yours that are working to change the culture of mental health globally – so that all in need receive the care and support they deserve!
- Partner organizations and individuals will engage in activities they choose that best reflect their unique strengths, skills and passions.
- We ask that you share the Five Signs of Emotional Suffering with your network during your activities – and the rest is up to you!
- Together we will elevate and amplify!



Change Direction Jam

And if that wasn't exciting enough!! On June 12-13, we are also partnering with IBM to bring you the first ever IBM Innovation Jam focused on mental health!! All organizations and individuals that participate in A Week to Change Direction are invited to Jam!

What exactly is the Change Direction Jam?

- The Jam is a global on-line conversation – actually it is many conversations happening simultaneously over 3 days! We will have subject matter experts, facilitators, hosts and a few of our celebrity friends – all contributing to this amazing opportunity to #ChangeDirection!
 - Similar to a physical conference – but much more interactive and FUN because you are part of the online discussion! And...you can engage from anywhere in the world – whenever you are awake, alert or inspired! All topics remain open and available throughout the three-day Jam event!
 - As a Jam participant you can start conversations, review comments and post replies, take polls, follow topics of interest, and access "best" and "emerging" ideas!



Web Addresses

A Week to Change Direction: <https://www.changedirection.org/a-week-to-change-direction>

Jam Registration: <http://bit.ly/CDJam2019>

What is an IBM Innovation Jam? Video: <https://www.collaborationjam.com>

Together we are going to #ChangeDirection!