

In conjunction with Mental Health Awareness and the official release of the film HERE TODAY on May 29, we are implementing a social media campaign, the **"You Okay? Ask Someone Today!" Challenge.**

"You Okay? Ask Someone Today!" Challenge - INSTRUCTIONS:

- (1) Find 3 sticky notes (or other pieces of paper - #stayhome and use what you have) and write on each the words, "You Okay?"
- (2) Adhere the pieces of paper to a visible place (mirror, wall, door, bulletin board, refrigerator, calendar, computer screen, etc) – note: temporary adherence is recommended as they will be taken down and put up daily.
- (3) Take a photo or video of yourself with the "You Okay?" reminders.
- (4) Post on Instagram and other social media showing yourself (picture or video) with the sticky note reminders and challenge 3-5 friends (daily if possible) to accept the challenge.
- (5) Reach out to 3 individuals daily via text, mail, email, phone, or other forms of communication to ask, "You Okay?" (one person may be yourself!)
- (6) Each time you reach out to a person that day with these words, you may take one note down.
- (7) Repeat daily until all notes are put away.
- (8) Please make sure that you add the following tags/hashtags to your post: #heretodayyouokay, #youokay, @heretodaymovie, @meredith.grace.dabney
- (9) Change the world through connectedness and by letting everyone know that someone cares.

SAMPLE POST: I have accepted the "You Okay? Ask Someone Today!" Challenge (#heretodayyouokay, #youokay). I nominate _____,

_____, _____,
_____, and _____ to join me in reaching out to 3 people daily by asking "You Okay?"

As a reminder and accountability for this challenge, place 3 sticky notes (or other paper) in a visible place with the words, "You Okay?" written on them as a reminder of the importance of connectedness, presence, and reaching out to others. Each time you reach out to someone that day, take down one note (PS, YOU count as one!).

Challenge 3-5 friends. Repeat daily. We are in this and can change the world together!

Here is a sample photo:



ABOUT THE FILM:

HERE TODAY is an introspective and impactful film written by 16-year-old writer/actor/filmmaker Meredith Grace Dabney, produced and directed by Erica Arvold, and presented by Astrabeta Creations in association with Arvold Productions and Point Nine Films. www.heretodaymovie.com

This heartwarming and award-winning film brings to light the importance of being truly present, connected, and reaching out to others in need.

Here are a few words from writer Meredith Grace Dabney:

Are You Okay? ... No, Really, Are You?

My name is Meredith Grace Dabney. I am a 16-year-old actor, writer, and filmmaker, and I believe this is one of the simplest, most significant, and truly life-changing questions we can ask. As a means of supporting and sharing this important message, I wrote a film titled, "HERE TODAY."

HERE TODAY follows a high school girl as she struggles to find her own identity with a new group of friends. In the process, they discover that together, their choices have an impact beyond what they ever imagined. This universally autobiographical tale is a reminder of vulnerability, life's connections and most importantly that words and actions, however small, affect everyone and everything.

HERE TODAY speaks as a voice of encouragement and love, and to educate on the topics of suicide, anxiety, depression, mental health, and self-worth. Most importantly, it serves as a reminder that wherever you may be on your journey in life, YOU are valid and important. Every single action, word, and encounter you have, as part of your life's journey, has an everlasting impact and truly does matter. Your PRESENCE matters.

To share some of my personal story, I have had many friends approach me with thoughts of suicide, depression, cutting, and the feeling that no one cares. My response is instinctively, "I care. You are valued and loved." As a result of these experiences, I felt a strong urge that someone needed to be a voice for these groups of people so others can respond in a positive manner, rather than negatively affecting those that are already in a dark place.

I believe it is inherently important to let people know when you notice something, whatever it is, just say hi, ask if they're okay. Let them know someone cares. Everyone needs a reminder to connect, to reach out to others, to help create a space to know you and your feelings are valid - whatever emotional, physical, or mental state you're in. And there is power in our words and actions - every word you say, every action, and every

single encounter with someone has an everlasting impact far beyond that single moment.

My hope for HERE TODAY is that both those that are in a space of dark thoughts, and those that have emerged from the heavy waters, will be reminded of the impact of their words and actions, but most importantly, the impact of them being alive.

The CDC (Centers for Disease Control and Prevention) reports that "in 2018, suicide was the second-leading cause of death among those ages 10-24." This means the only thing that killed more teenagers was unintentional deaths such as car crashes, homicide, or drug overdoses. This is a fact. It is our reality. My wish is for us to work together to change this horrible truth. Together we can make a difference.

Imagine how the world could change if every day, we each asked someone, "Are You Okay?"

Will you accept the challenge?