

THE
GRAY
MATTERS
SO DO YOU



CEO / FOUNDER

■ THE GRAY MATTERS COLLECTIVE

HALEY DeGREVE

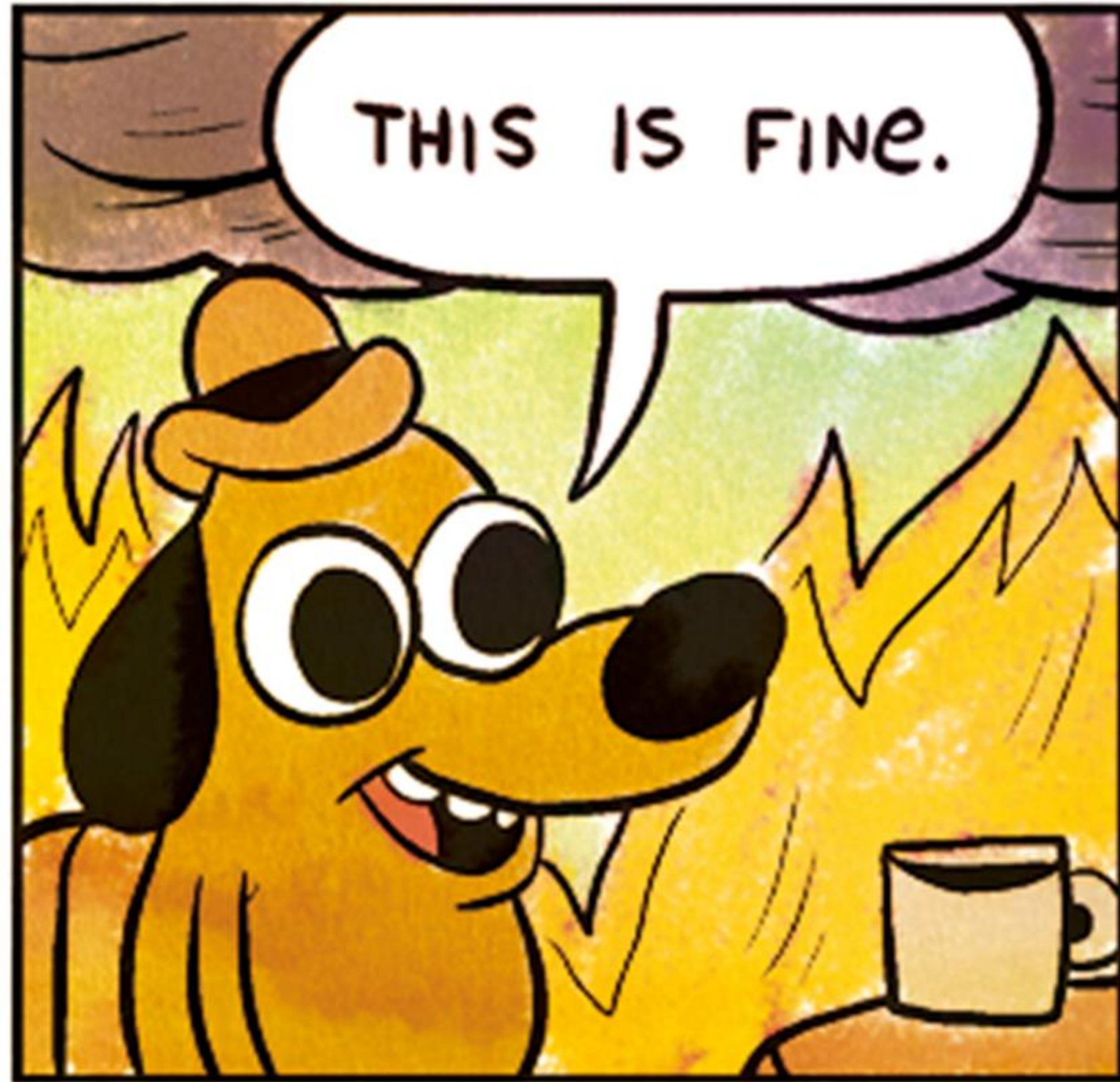
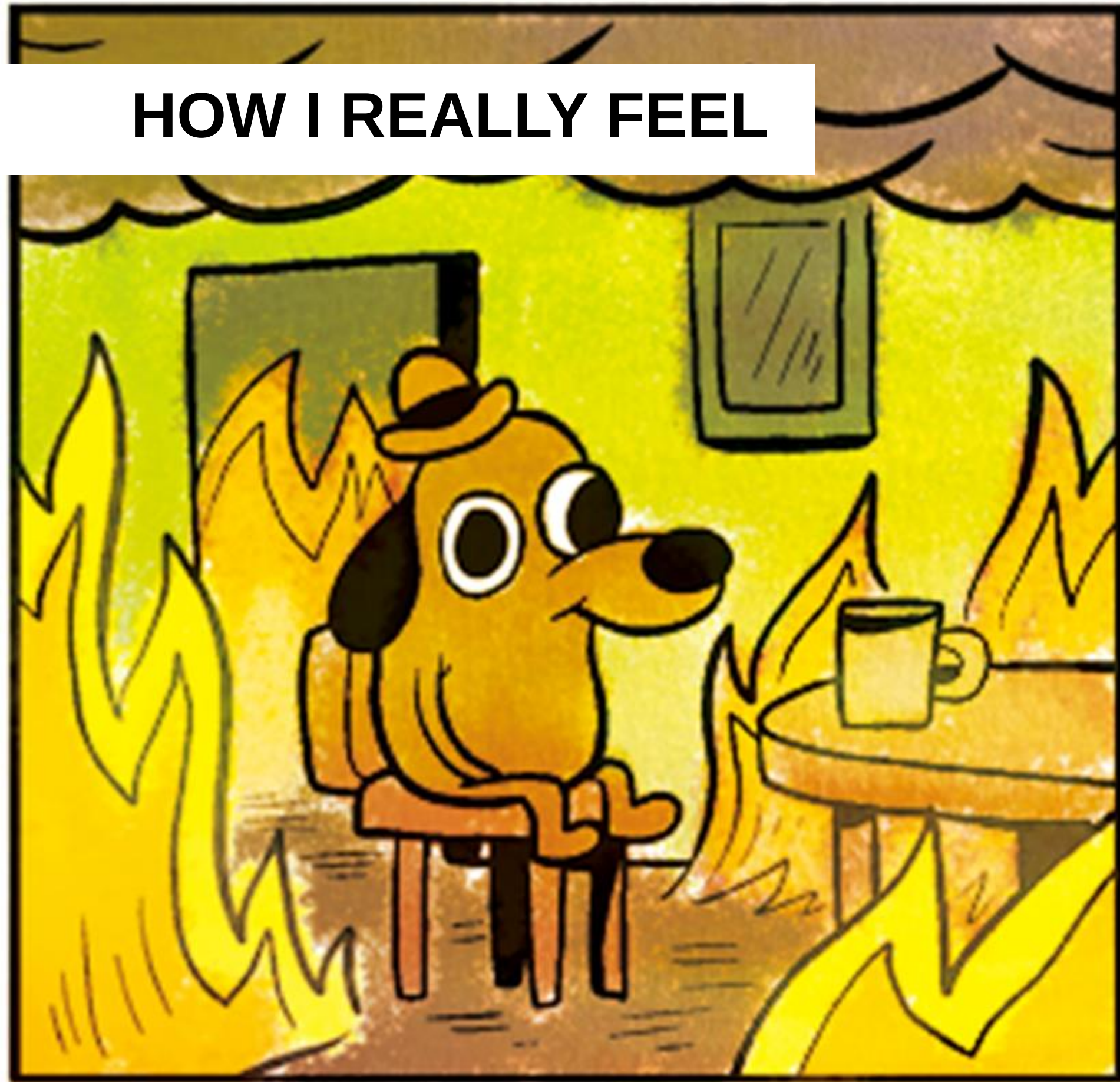
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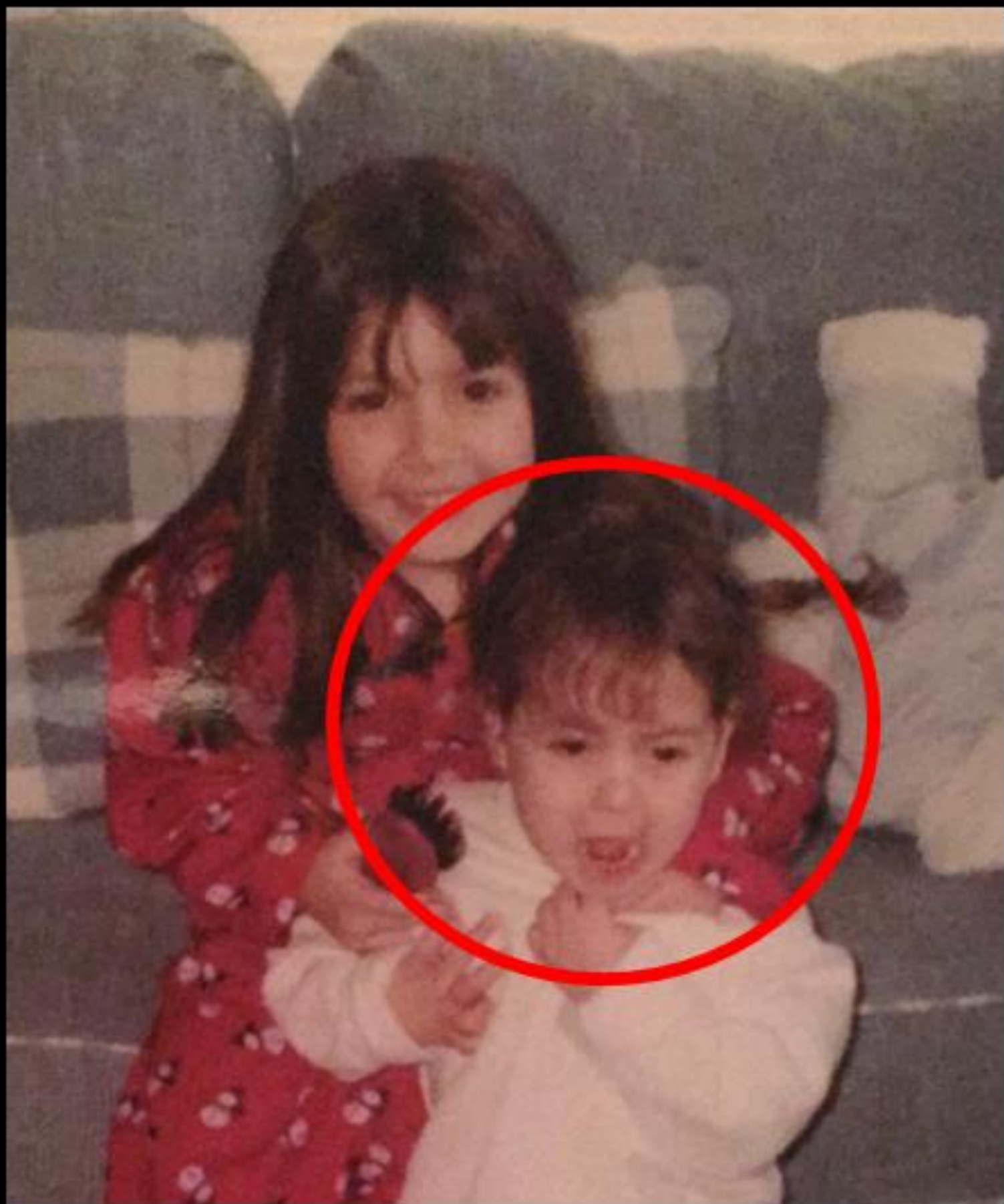


HOW PEOPLE THINK I FEEL



HOW I REALLY FEEL





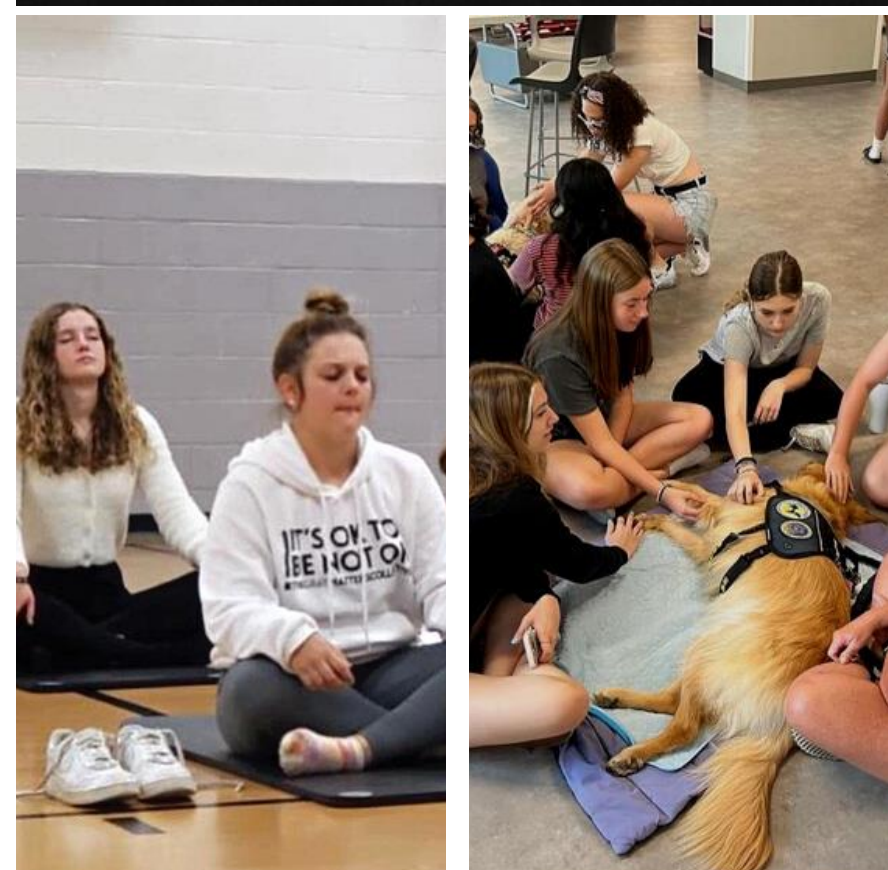
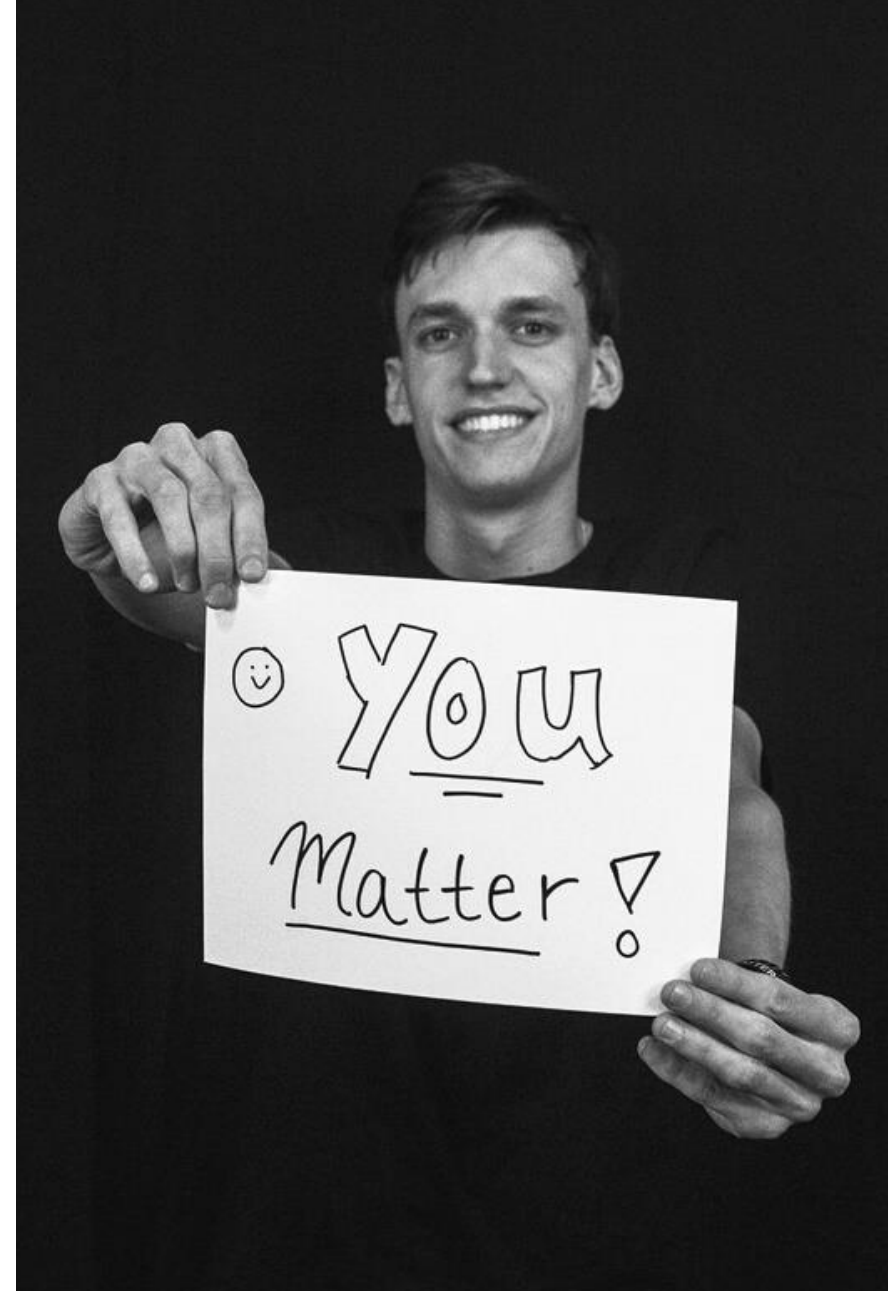
YOU ARE

■ **THE GRAY MATTERS COLLECTIVE**

WORTHY

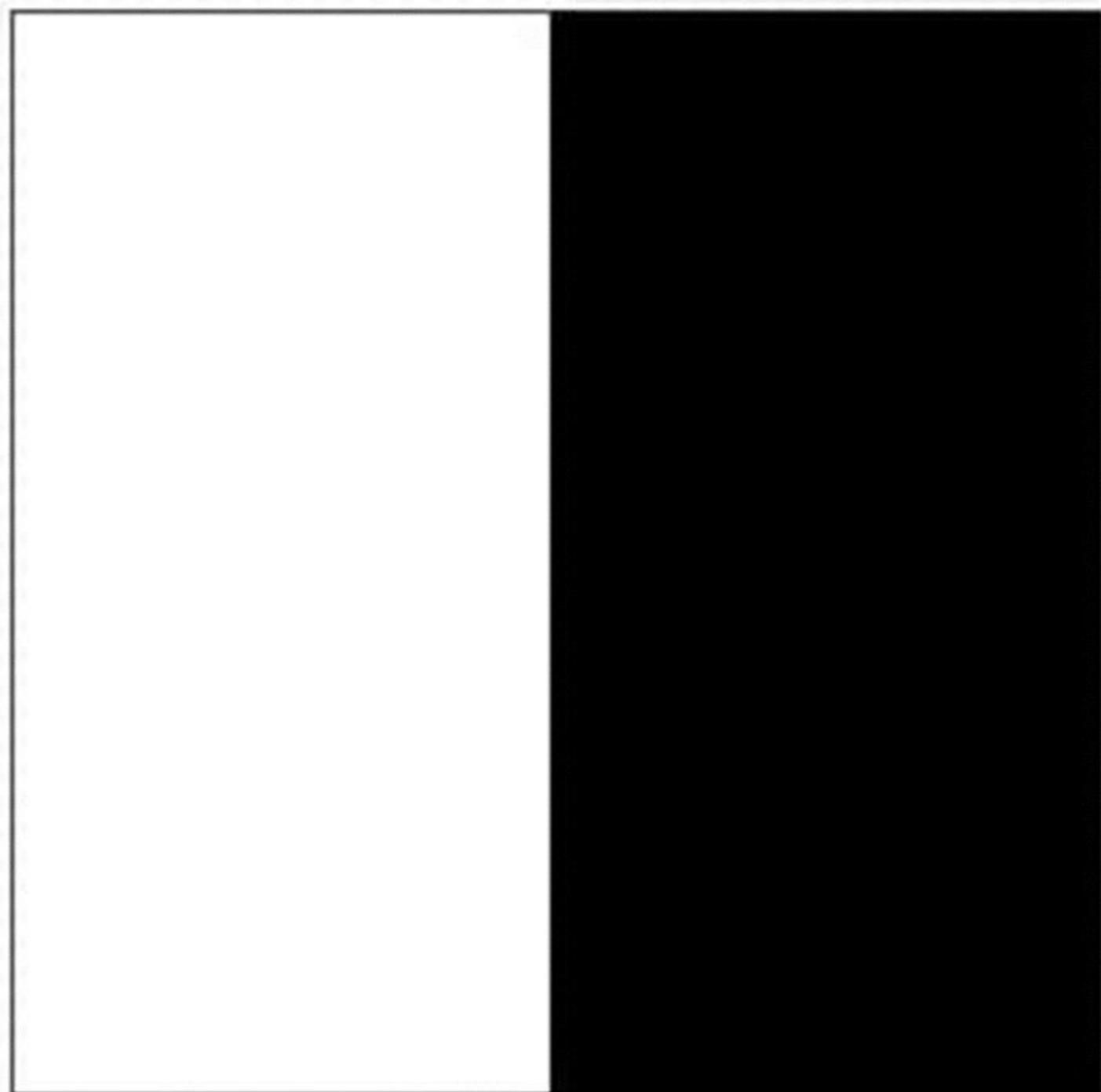






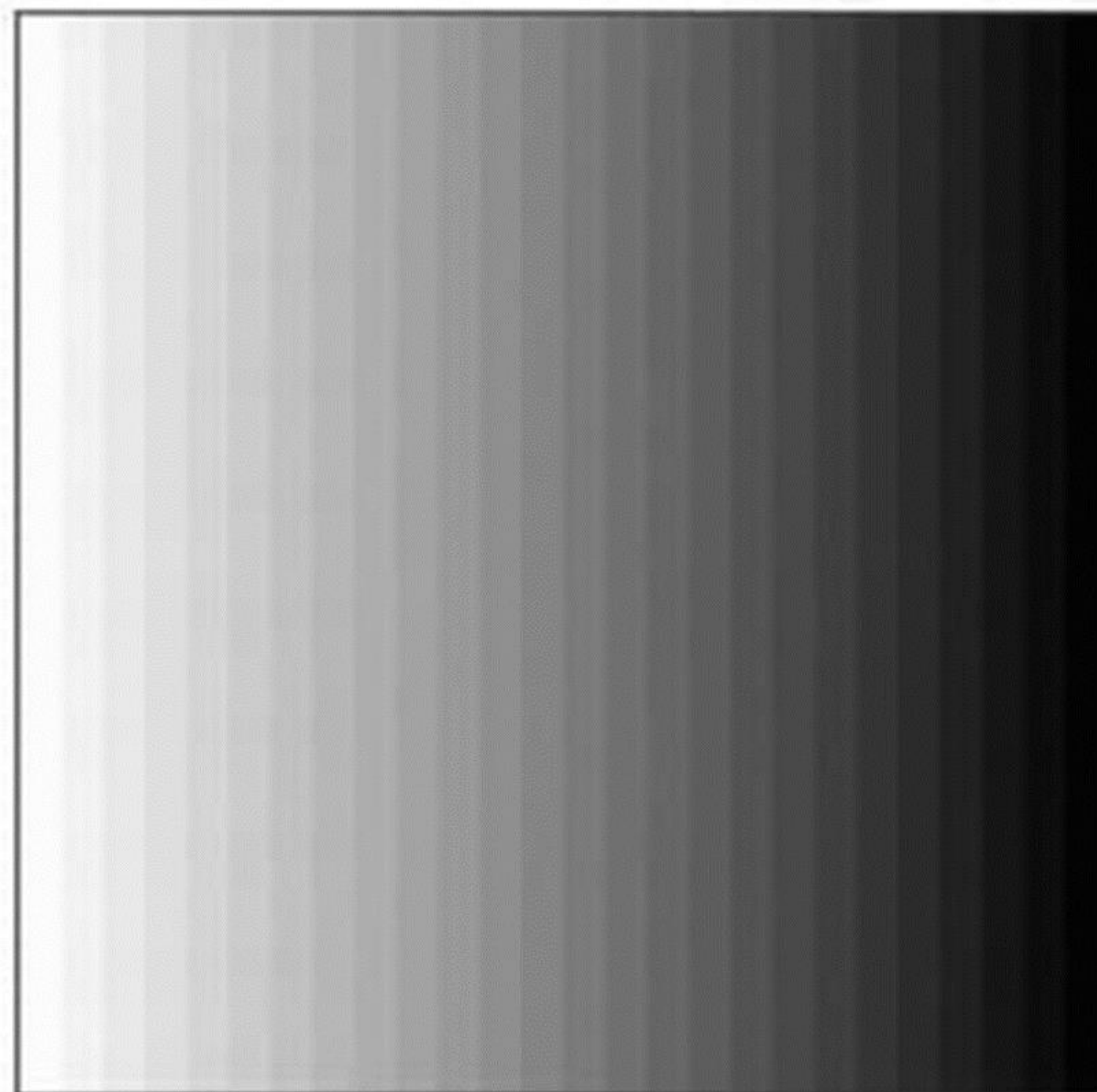
MENTAL HEALTH

THE PERCEPTION



Mental Health OR Mental Illness

THE REALITY



Perfect Mental Health Pathological Mental Illness

THE HARD FACTS

Suicide is the **second leading** cause of death in ages 10-34 years old in the United States of America.

**HOW HAS MENTAL HEALTH
IN YOUTH CHANGED?**

MORE AWARENESS.

DIFFERENT CHALLENGES.

NOT ENOUGH RESOURCES.



**CHANGE THE
APPROACH.**



ADVOCACY ARMY



EDUCATION



RESOURCES



COMMUNITY



YOU ARE LOVED.
YOU ARE ENOUGH.
YOU ARE NOT ALONE.
#THEGRAYMATTERSCollective

THERE'S NOTHING
TO BE ASHAMED OF
#THEGRAYMATTERSCollective

MENTAL HEALTH
IS HEALTH.
#THEGRAYMATTERSCollective

KEEP GOING;
#THEGRAYMATTERSCollective

YOU ARE LOVED.
YOU ARE ENOUGH.
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WE CAN CHANGE
THE WORLD, ONE
PERSON AT A TIME.
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IT'S TIME WE
TALK ABOUT
BRAIN HEALTH.
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YOUR STORY IS
NOT DONE YET.
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YOUR LIFE MATTERS.
#THEGRAYMATTERSCollective

REMEMBER, IT'S
#OKNOTTOSPEAK
#THEGRAYMATTERSCollective

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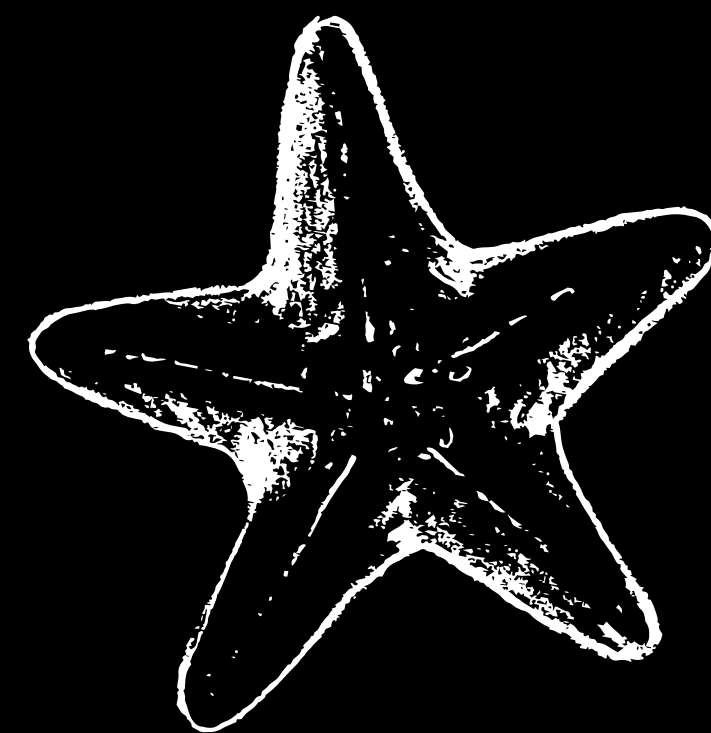
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WE CAN CH
THE WORLD
PERSON AT A
#THEGRAYMATTERS

YOU
MATTER

**THIS MATTERS
BECAUSE
YOU MATTER.**





Made out of love

This is your life

The world is your oyster

Progress over perfection

Have a kind but firm handshake

Had to learn to read people

I do dumb things, but I do them only for you

Your heart beats for me, not for the world

Death is always going to be there

Be like a kid again

Help is always available if you only ask

Just because you have a lot of talent doesn't mean you have to use it

Every creation needs to be destroyed, like

Not always happy, but always content

I like it quiet, and so do you

Life is like a film. You need your audience and all the crew to make it work

Write a story in the margins

I'm not dead, I'm just here

Don't let the world tell you who you are

You are the only person who can change your future

You are important

I'm not alone

Your presence

It's not just about what you think, it's about what you do

Be a good person

Be an adult today

Practise what you preach

It's about who you are

The world is not perfect

The future is not what you think it is

Never give up

Kindness goes a long way

Be a good person

Let it go

It's okay to be a little bit

It always gets better

There are people who love you

You can get back up again

Sticks and stones may break your bones, but words will never hurt you

Never let anyone tell you who you are

Look forward, not back

It's not about you, it's about the world

What's wrong with you?

Be kind to yourself

It's okay to be a little bit

It's okay to be a little bit

You should be happy

Small steps are still steps

Don't let the world tell you who you are

You were born to be here, because you're meant to be a

It's about who you are, not what you do

For someone else, it's about you

Thank you for being here

You are important

Look for possibilities, not limitations

Give yourself some credit for how far you've come

You are beautiful

A bad day doesn't mean a bad life, you can do this

Never let anyone tell you who you are

Be who you are

Some things are worth it, even if it's hard

Don't believe everything you hear

Help is always there

It's okay to be a little bit

Don't let the world tell you who you are

It's okay to be a little bit

It's okay to be a little bit

Remember that you are here for a reason

I love you and I'm here for you

Sometimes you have to just stand still

Be who you are

Remember that you are here for a reason

You are important

It's okay to be a little bit

Never give up

Nothing that you do is ever too small

It's okay to be a little bit

Love yourself

Your struggles don't define you

Because sometimes it

Our greatest glory is not in never failing, but in rising every time we fail

Just keep going

It's during our darkest moments that we must face, and conquer, our deepest fear

Be who you are

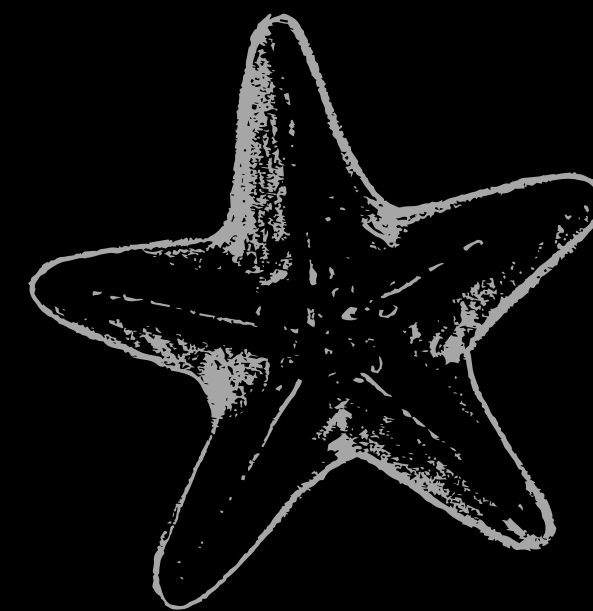
The world is not perfect

You are important, you are here for a reason

Once all is said and done, you'll realize that the only way to truly triumph is to love the journey

Let your soul change the world, but don't let the world change your soul

QUESTIONS?

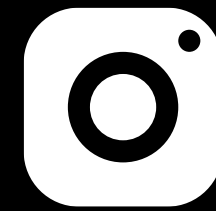


GET INVOLVED

with everyday people like you and me.



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Instagram

@thegraymatterscollective

**CHANGING THE
WORLD, ONE
AT A TIME**

THE GRAY MATTERS COLLECTIVE

