

# A WEEK TO CHANGE DIRECTION

JUNE 9 - JUNE 15, 2019



talinda320 • Following

talinda320 Here's my goal... I want to see A Week To Change Direction videos go viral! Imagine if each one of us got two people to do the challenge?! I'm talking 'Ice Bucket Challenge' big! It's super fun and a great way to directly help change the culture surrounding our mental health. Don't forgot include the hashtag- #changedirection & #320changesdirection. Tag your friends that you challenge! I'll repost the most unique (and slightly crazy) ones!! Let's do this #LPFamily and #makechesterproud I challenge @la\_co\_fire\_department\_1 @maroengel and @lisalingstagram @tedstryker @kroq @mrjoehahn @heidihahn @m\_shinoda @phoenixlp

46,799 views  
JUNE 10

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THE CAMPAIGN TO CHANGE DIRECTION AND GIVE AN HOUR POSTS IMPRESSIONS FOR THE WEEK WERE 27,546,008



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annashinoda For over 18 months I've been discussing mental health and the power of storytelling with Dr. Barbara Van Dahlen, the founder of @changedirection and @giveanhour. All this week, I'll be participating in A Week to Change Direction by sharing passages from some of the books I think are changing the culture around mental health. In my stories, I'll be reading from picture books to

#CHANGEDIRECTION POSTS HAD A REACH OF 10,650,734