Instructions:

1. **With your team/program, include your superhero team name & how your team fights behavioral health stigma in the shield above (get as creative as you'd like!)**
2. **Cut out your shield, scan or take a photo of your team shield and submit it to DBHNow.org for a chance to win a prize!**
3. **Display your team shield near your team work area to serve as a reminder of why you're a team of superheroes!**