

WHENEVER UP BECOMES DOWN, I WILL ALWAYS BE HERE  
**HOLDING YOUR CROWN** 

founded by

**KING**  
YOUNGBLOOD

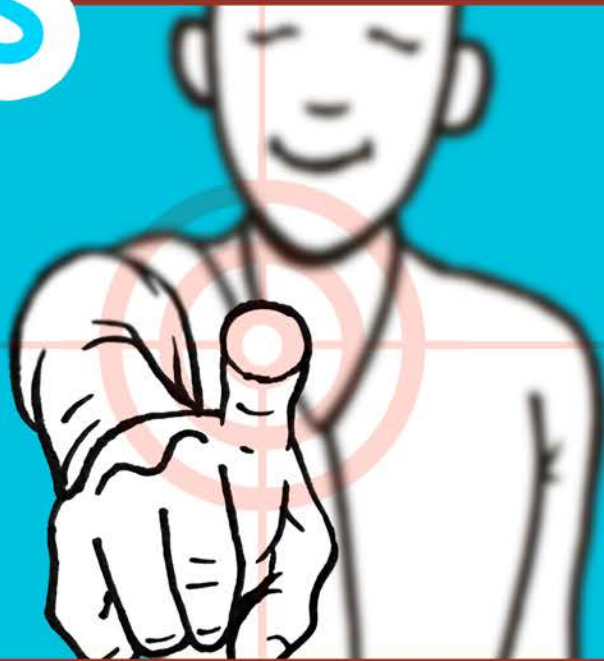
## HOW YOU CAN HELP TO BUILD A MOVEMENT WITH THE **IN-TOUCH CAMPAIGN**

### JOIN THE HOLD YOUR CROWN MOVEMENT

#### WHAT'S THE POINT?

It's quite literally central to all that we do. We are building a movement to dismantle the stigma of youth mental illness by putting young people IN TOUCH with resources that will get them on the path of mental wellness. Hold Your Crown embodies what it means to be In-Touch.

# DOs



# DON'Ts

1.

Only your finger/hand is in focus.

2.

DO THIS WITH AS MANY PEOPLE AS POSSIBLE.

3.

DO NOT wear anything with a logo or licensed material on it.

1

#### TAKE A SELFIE

Keep your camera/phone in a landscape position for all photos. Please feel free to smile, use *plain/simple backgrounds* and make sure you focus your picture on your pointed finger.

WE DO ALL THE EFFECTS ON OUR END. YOU JUST TAKE THE PICTURE.

2  
4

#### LOOK DIRECTLY INTO THE CAMERA/PHONE LENS

Keep your eyes on the camera lens, not the screen with your picture on it. Although faces are blurred in this campaign, your eyes still speak volumes.

#### SUBMIT YOUR PHOTO

E-Mail Your

Photo Submission To:

[Info@HoldYourCrown.care](mailto:Info@HoldYourCrown.care)

Please Be Sure to Include a Photo Credit if You Don't Take the Submitted Photo.

3

#### CENTER YOUR FINGER POINTING AT THE CAMERA/PHONE LENS

Please keep your finger in focus and below your chin.

FOR MORE INFORMATION ON HOW TO GET INVOLVED WITH HOLD YOUR CROWN CONTACT:

Hold Your Crown

[Info@HoldYourCrown.care](mailto:Info@HoldYourCrown.care) | 206.551.9847 | [HoldYourCrown.org](http://HoldYourCrown.org) | [KingYoungblood.com](http://KingYoungblood.com)

