## **Sample Messages for Social Media**

Feel free to use the following sample Facebook or Twitter posts and graphics on your social media accounts. Be sure to use the hashtag **#CA4StudentMentalHealth** and encourage your community members to participate in recognizing the importance of student mental health. Make sure to like, retweet, and share posts!

Don't forget to include an image with your posting! Find some examples on covid19k12counseling.org.

**Sample Facebook or Twitter posts**

* Our school provides extraordinary service toward helping children thrive and fulfill their potential. We support all students' mental health and recognize CA Student Mental Health Week on May 9-13, 2022. #CA4StudentMentalHealth; #CASCconnected
* During one of the most challenging school years in history, we are stopping to recognize the importance of student mental wellbeing and recognize May 9-13, 2022 as California Student Mental Health Week! #CA4StudentMentalHealth; #CASCconnected
* School-Based Mental Health Professionals make a powerful difference in our communities and for our children. Say thank you to a school counselor, school psychologist and/or school social worker today. #CA4StudentMentalHealth; #CASCconnected
* California has over 6.2 million public school students and each of their psychological and emotional wellbeing is as important as academic achievement. Please join us in recognizing the importance of Student Mental Health Week – May 9-13, 2022. #CA4StudentMentalHealth; #CASCconnected