



#GetLoud

about what **MENTAL HEALTH** really is.

New for 2019 – stickers for Instagram stories!

This year, for Mental Health Week, we've got what you need to get loud – and clear. Because we're not just getting loud, we're getting loud about what mental health *really* is. For the first time, we've created Mental Health Week stickers to take your Instagram stories to the next level.

I'm new to Instagram, what is this?

When making an Instagram story (a post that appears on your profile for only 24 hours), you can click the square icon in the top right corner of your photo or video to add in stickers and GIFs. This year, we'll have GIFs (animated stickers) available to post in your Instagram stories so you can #GetLoud about what mental health *really* is.

How do I find them?

When you create your story, click the "stickers" icon (in the top right). Once you have that menu open, you can enter some key words to find related stickers and GIFs. Try searching "CMHA" or "Mental Health Week" to find them.



How else can I #GetLoud through my Instagram story?

If you want to get even *louder* about Mental Health Week you can add in our hashtags and tag us, too. In the stickers menu, choose the hashtag sticker and type in "GetLoud" or "MentalHealthWeek". Then, add the mention sticker to tag @cmhanational. This way, we can see your stories and share them on our feed, too!

Thanks for helping us #GetLoud about what mental health *really* is!



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