



Youth Mental Health Campaign

FREE YOUR FEELS IS COMING TO OUR COMMUNITY!

Hi Community Members!

We are launching a mental health campaign for our school/organization/city/town!

The **Free Your Feels** campaign equips teens, parents, caregivers, and educators/professionals to **Speak. Listen. Connect.** It empowers youth to *speak* out and express their real feelings, encourages adults and peers to check-in with each other and *listen* judgment free, and *connects* everyone to resources for further guidance or help.

We are asking everyone to join the **#freeyourfeels** campaign and cultivate an environment where it is not only safe to express your feelings, but it is celebrated. With this campaign, we hope to break the silence around talking about mental health challenges and empower each of you to prioritize your wellness.

We encourage everyone in our community to explore their feelings and share them fearlessly. Browse the website/our social media to find useful resources – no matter where you are in your mental health journey.

Thank you for supporting the young people in our community!

(Your name/organization)