



"Free Your Feels" is a youth mental health awareness campaign encouraging Georgia's young people to explore their real feelings and share them fearlessly.

How are we doing this?

Social media has become the go-to tool for connecting people near and far to the things they care about. We've used social media platforms like Instagram, Facebook, and Twitter to connect Georgia's youth and their caregivers to important mental health resources. With the success we have had, we want to share with you our social media calendar so you can implement a Free Your Feels campaign of your own.

January

Mental Health Advocacy Month

How youth, parents, and educators can advocate for youth mental health.

February

Self-Care & Black History Month

Focus on self-care to celebrate Valentine's Day and highlight Black mental health advocates.

March

Women's History Month

Highlighting young women who are championing mental health.

April

Minority Health Month

Centering the disparities of minority communities.

May

Mental Health Awareness Month

Increasing awareness on why children's mental health is important.

June

Summer Learning Month

Providing parents and youth with resources to stay engaged during summer break.

July

BIPOC Mental Health Awareness Month

Recognizing Bebe Moore Campbell's work and increasing awareness of the needs of the BIPOC community

August

Back-to-School

Welcoming students, teachers, and parents bac to the new school year through resources.

September

Suicide Awareness Month

Providing resources and tools on suicide awareness and prevention.

October

Bully Awareness & LGBT History Month

Raise awareness on bullying and its mental health effects and provide LGBTQ+ history facts.

November

Indigenous Heritage Month

Highlight resources and history about indigenous heritage.

December

Holiday & Exam Stress Month

Provide students with tips to deal with exam and holiday stress.

Follow us on social media!

