



## OUTREACH COMMUNICATION EMAIL

Thank you so much for supporting Free Your Feels in our outreach efforts! Sharing this campaign with schools, community leaders, organizations with similar missions, family, and friends is an incredible way to support our goal of encouraging Georgia's young people to explore their real feelings and share them fearlessly.

We've compiled an outreach email you can easily share on behalf of Free Your Feels. Just copy the email below and paste it into your email body. Feel free to add your personal touches to the greeting and signature, **but we kindly ask that you keep the body of the email unchanged.**

The more you share, the more people have access to free resources about youth mental health!

Below, you'll find a version of the outreach email with helpful reminders, as well as an unmarked copy of the email for copy & paste ease.

If you have any questions, please don't hesitate to email us at [freeyourfeels@gmail.com](mailto:freeyourfeels@gmail.com). Thank you again for your support!

-The Free Your Feels Team



# OUTREACH COMMUNICATION EMAIL

[Community Member],

Personalize your greeting

Copy and paste this text in your email body

We are excited to invite you to join the Free Your Feels Community! Free Your Feels is a youth mental health campaign that 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, 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. How can you join the Free Your Feels community? It is super simple and can be done in a few ways:

- 1. Sign up for our newsletters:** Get the latest scoop delivered straight to your inbox every month! We'll fill you in on what we've been up to, and what's coming next, and share a monthly resource toolkit focused on different mental health topics. Trust us, there's something in there for everyone – teens, parents/caregivers, and educators/professionals. Don't miss out – [sign up today!](#)
- 2. Follow us on social media:** We're everywhere you wanna be! Catch us on Instagram, Facebook, Twitter – you name it! We're also hanging out on TikTok, YouTube, and Pinterest, so give us a follow and join the conversation. We love sharing and engaging with our awesome partners and organizations who have mental health resources to share.
- 3. Check out our website:** Dive into our Resource Library and discover a treasure trove of helpful resources you can print, download, and share with your crew.
- 4. Most importantly, support the youth in your community:** Whether you're a parent, teacher, community leader, peer, advocate, or just a trusted adult, showing up for young people and their mental health journey is key to breaking down stigma and making space for their voices to be heard!

Don't forget to hyperlink:  
[freeyourfeels.org/  
#to-get-involved](https://freeyourfeels.org/#to-get-involved)

No matter where you're at on your mental health journey, we wanna give you a huge shoutout for supporting the young people in our community.

Sincerely,  
[Your name/Organization]  
on behalf of  
The Free Your Feels Team  
FreeYourFeels.org  
FreeYourFeels@gmail.com

Update the signature to your name or your team/org name



[Community Member],

We are excited to invite you to join the Free Your Feels Community! Free Your Feels is a youth mental health campaign that 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, 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. How can you join the Free Your Feels community? It is super simple and can be done in a few ways:

- 1. Sign up for our newsletters:** Get the latest scoop delivered straight to your inbox every month! We'll fill you in on what we've been up to, and what's coming next, and share a monthly resource toolkit focused on different mental health topics. Trust us, there's something in there for everyone – teens, parents/caregivers, and educators/professionals. Don't miss out – [sign up today!](#)
- 2. Follow us on social media:** We're everywhere you wanna be! Catch us on Instagram, Facebook, Twitter – you name it! We're also hanging out on TikTok, YouTube, and Pinterest, so give us a follow and join the conversation. We love sharing and engaging with our awesome partners and organizations who have mental health resources to share.
- 3. Check out our website:** Dive into our Resource Library and discover a treasure trove of helpful resources you can print, download, and share with your crew.
- 4. Most importantly, support the youth in your community:** Whether you're a parent, teacher, community leader, peer, advocate, or just a trusted adult, showing up for young people and their mental health journey is key to breaking down stigma and making space for their voices to be heard!

No matter where you're at on your mental health journey, we wanna give you a huge shoutout for supporting the young people in our community.

Sincerely,

The Free Your Feels Team

FreeYourFeels.org

FreeYourFeels@gmail.com