**Social Media Pack 2021**

We have prepared some example social media posts which can be used on your own social media channels to celebrate being part of the MHST programme.

Where possible, please tag the following accounts:

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|  | @NHSHullCCG  @HullCCNews  @HumberNHSFT |
| **Announcement of the project and continued throughout term** | |
| Great news! Our students will soon have access to a new Mental Health Support Team in their schools and education settings as part of an NHS England and Department for Education project. We’ll be publishing more information soon. | |
| Looking after your mental health is just as important as caring for your physical health. That’s why we are taking part in an NHS project to provide mental health support to school students, giving them access to good quality mental health and emotional wellbeing support. | |
| We’re working with our local NHS and Hull City Council to make sure our students have access to mental health and emotional wellbeing support when they need it. Reaching young people and helping them through tough times can prevent them from developing more serious mental health problems later in life. | |
| We’ve been chosen as part of an NHS England and Department for Education project to give more young people access to mental health and emotional wellbeing support in schools and education settings. Soon, we will have a Mental Health Support Team working in our school for our students to go to during times of need. This is about making sure that our young people have the proper support to get a good start in life. | |
| School-age students face lots of tough challenges, so it’s important that they have access to good quality mental health and emotional wellbeing support when they need it. That’s why we’ve agreed to be part of a project to put a team of trained support staff in our school to listen to students and offer support to students struggling with their mental health or emotional wellbeing. | |
| **Once MHSTs are supporting in the educational settings** | |
| A huge welcome to our new Mental Health Support Team! They will be on hand throughout the year to offer support for any students struggling with their mental health. Pop in and say hi *[to be used with a photo of the team if possible]* | |
| We now have a Mental Health Support Team working in our school as part of an NHS England and Department for Education project. The team will be available during the school day to talk to students about their mental health and offer support when times are tough | |
| Struggling with study stress? Are things getting on top of you? Drop in and chat with one of our Mental Health Support Team staff and have a chat with them – they can offer all sorts of support to help you look after your mental health. | |
| Looking after your mental health is just as important as caring for your physical health. If you could do with some advice or support, visit our Mental Health Support Teams for a catch-up. | |
| Anxiety? Stress? It’s completely normal to struggle at school, but your mental health shouldn’t take a hit, so visit our Mental Health Support Team for some advice and a chat about how you can make sure you’re getting the right support | |

Please feel free to use your own images, or the following:

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