**Social Media Pack 2022**

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 |
| **Social media posts** | |
| Great news! Our students now have access to a new Mental Health Support Team in school/college as part of an NHS England and Department for Education project. | |
| 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/college 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. We now have a Mental Health Support Team working in our school to support students when they need it. | |
| 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 now have access to Hull’s Mental Health Support Teams in our school to offer support to students struggling with their mental health or emotional wellbeing. | |
| We now have a Mental Health Support Team working in our school/college to support students. The team will be available during school term and holidays to support with issues such as anxiety and low mood. | |

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

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