**#MyWaysToWellbeing Social Media Toolkit**

Thank you for supporting The Kite Trust’s #MyWaysToWellbeing campaign which aims to raise awareness of the ways in which we can all contribute to supporting the mental health and wellbeing of LGBTQ+ young people across Cambridgeshire and Peterborough. We’d love for you to use some of the content below to create posts on your own social media channels – feel free to get creative if you want to create your own visuals, just be sure to include the tags #MyWaysToWellbeing and @TheKiteTrust!

**Right click on the graphics below and select ‘save as picture’ to use them.**

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| **Timing** | **Graphics** | **Suggested Text** |
| Anytime between Sunday 14th May and Saturday 20th May | A picture containing text, clipart, cartoon, animated cartoon  Description automatically generated  A picture containing text, clipart, animated cartoon, graphic design  Description automatically generated | We’re supporting @TheKiteTrust and sharing #MyWaysToWellbeing to mark #MentalHealthAwarenessWeek! Find out more about the campaign and join in at: [www.thekitetrust.org.uk/wellbeing](http://www.thekitetrust.org.uk/wellbeing)  [Use this graphic as an initial image and follow with photos/captions of relevant wellbeing activities that your organization wants to promote – bonus points if they highlight LGBTQ+ inclusion!] |
| Anytime between Sunday 14th May and Saturday 20th May | A picture containing text, screenshot, font, circle  Description automatically generated  A picture containing text, screenshot, circle, graphics  Description automatically generated | [Suggested text as above – this format can be personalized with stickers in each of the bubbles] |