



CMHA Mental Health Week – Instagram stickers

This Mental Health Week, we're challenging everyone to say more than "I'm fine." Celebrate Mental Health Week by having real conversations with our friends, neighbours and coworkers about how we're all really doing. We're in this together.

I'm new to Instagram, what are stickers?

When making an Instagram story (a post that appears on your profile for only 24 hours), you can click the square icon in the top right corner of your photo or video to add in stickers (small GIFs). This year, we have stickers available to post in your Instagram stories so you can #GetReal and connect about how we really feel.

Pro tip: if you tag us (@cmhanational), we can share your story on our own profile!

How do I find them?

When you create your story, click the "stickers" icon (in the top right). Once you have that menu open, you can enter some key words to find related stickers and GIFs. Try searching "CMHA" or "Mental Health Week" to find them.

How else can I #GetReal with Instagram stories?

This year, we have customizable Instagram story shareables! You can recreate our campaign shareables and show your followers how you really feel. Just share the image on your story, and use the "Aa" icon to add text.

#GetReal

CMHA
Mental Health Week

I'm fine, thanks.

What I really mean is:



#GetReal

mentalhealthweek.ca