

CMHA Mental Health Week – Instagram Stickers Guide

Here's your guide to using Mental Health Week stickers on Instagram.

This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.

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 add in stickers (small GIFs). This year, we have stickers available to post in your Instagram stories so you can #GetReal about how you feel.

To create an Instagram story, you can either tap your profile picture on the top left corner of your home page or tap the small plus sign (+) in the top right corner. You can then choose to take a photo or hit the "Aa" icon to type on a graphic background.

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

How do I find them?

There are two ways to find the Mental Health Week stickers.

1. When you're in story mode, hit the "Aa" icon to create a graphic story. Once you've chosen your background, you can swipe to the "GIF" icon, or hit the smiling square icon.
2. If you choose to take a photo for your Instagram story, you can add a sticker on top of it by accessing the smiling square icon in top right corner.

Once you have the sticker menu open, you can enter some key words to find related stickers and GIFs. Try searching "CMHA" or "Get Real" to find them.

Once you've selected your animated sticker, you can adjust the size and location to perfect your Instagram story masterpiece.

One last thing:

You can add GIFs when you post on other social media platforms like Twitter and Facebook. Look for the "GIF" icon when you're posting, and search "CMHA" to add some Mental Health Week add flair to your posts.

