**Sample Facebook/Twitter Posts**

*Facebook and Twitter are the most important social media outlets to employ when promoting your community’s Children’s Mental Health Awareness Day event. Below are sample posts that can be customized for use on either platform, but feel free to create your own.*

**Sample Posts**

Children’s Mental Health Awareness Day is in full swing in Texas! Visit cmhaustin21.com to hear from speakers, watch performances and explore resources on youth mental health! #CMHAustin

Did you know? Children with mental health concerns who have access to age-appropriate screens and assessments experience improved health and development #CMHAustin

Factors that can indicate future mental health challenges can be identified during the early years of childhood. Early access to care can give our children everything they need to live a happy, healthy life! #CMHAustin

It’s so important to shed light on children’s mental health. Early interventions for mental health challenges can avoid more complex problems later in life. #CMHAustin