**SAMPLE MESSAGES TO SEND VIA SOCIAL MEDIA**

When asking people to support CMHA adding a personal story can be powerful.  Personal stories also empower others to talk more openly and/or seek help, further reducing stigmas associated with mental illness and mental health problems. If you do not have a personal story to share, here are some examples of ways that you can share the importance of mental health and let people know you're raising funds for CMHA-PEI.

*This October, I’ll be participating in the Prince Edward Island Marathon to raise funds for CMHA-PEI. The Canadian Mental Health Association, PEI Division is dedicated to promoting the mental health of all Islanders. Their mission is to facilitate access to the resources people require to maintain and improve their mental health. Please consider supporting my participation in the (insert race category here) for this wonderful organization. (insert link to online fundraising page or instruction on how to make a pledge)*

*If I can register for the PEI Marathon, I think some of you can throw in $5 or so to support my efforts. I hope to raise (insert goal here), for the Canadian Mental Health Association, PEI Division which exists to promote mental health for all Islanders. All donations stay in the province and you’ll get a tax receipt! Thanks in advance for your donation! . (insert link to online fundraising page or instruction on how to make a pledge)*

*Statistics indicate that 1 in 5 Canadians will personally experience a mental illness or mental health problem in any given year. Reality us we’re all going to be affected whether it’s us, a friend, family member or colleague. In an effort to help my community I’m raising money for CMHA-PEI via my registration through the PEI Marathon. All money stays in the province in support of mental health programs and services for Islanders. I’d love your help! . (insert link to online fundraising page or instruction on how to make a pledge)*

*Did you know that the PEI Marathon is in support of the Canadian Mental Health Association of PEI? How cool is that!?!? Statistics indicate that 1 in 5 Islanders will personally experience a mental illness of mental health problem this year. I’d like to help those folks have the resources they need to tackle any challenge. So as I take on the (insert race category here), I’m asking friends and family to support my efforts by making a donation to CMHA-PEI. (insert link to online fundraising page or instruction on how to make a pledge)*

**HASHTAGS**

#Move4MH

#MentalHealthMatters