

Thank you so much for registering for this year's Mental Health in Motion event and helping to raise critically needed funds for youth mental health services and supports in our community.

Whether you're participating virtually or in person, take your fundraising game to the next level with our premade social media graphics and captions.

1. Determine what platform you're going to post on (Facebook, Twitter, LinkedIn or Instagram) and download the corresponding file below.
2. Check below to find caption suggestions for your post and how to customize it with your personal fundraising page.
3. Share our graphics or your own photos and include #CMHAINmotion and @CMHAYork so we see it.

Note: If you don't have social media, you can also send your photos to communications@cmha-yr.on.ca. We'd love to see them!

Graphics (Click on image to download)

Post for Instagram/Facebook/LinkedIn/Twitter



Template for Customizable Image



To use the template

- Click the [link](#) and log in to Canva
- In the tool bar on the left, click “Upload” and select your chosen photo
 - Drag your uploaded photo into the empty circle in the template of your choosing
- Click on the “Add Text Here” and type in a message to your network (You may change the font size accordingly)
 - Some suggestions for text
 - Support my team!
 - Ask me how to donate!
 - Register today!
- After making these changes, click the “Share” button at the top right and select “Download” to save a copy of your new tile in either JPG or PNG format.
- Upload!

Caption Suggestions

Facebook and LinkedIn Post:

These last few years have been difficult for many of us, especially our youth. That's why I'm [insert one of the following: riding, running or walking] in York Region's largest fundraiser for youth mental health, Mental Health in Motion! With your help, the money I fundraise will support mental health services for youth in our #YorkRegion and #SouthSimcoe community. Sponsor my team: <link to your personal Mental Health in Motion fundraising page>

#CMHAinMotion

Instagram Post:

These last few years have been difficult for many of us, especially our youth. That's why I'm [insert one of the following: riding, running or walking] in York Region's largest fundraiser for youth mental health, Mental Health in Motion! With your help, the money I fundraise will support mental health services for youth in our #YorkRegion and #SouthSimcoe community.

Click the link in my bio to visit my fundraising page. #CMHAinMotion

<you will need to put your fundraising page link in the bio of your Instagram account>

Twitter post:

These last few years have been difficult for many of us, especially our youth. That's why I'm participating in @CMHAYork's Mental Health in Motion event. The money I fundraise will support youth mental health services in our community. Sponsor my team: <link to your personal Mental Health in Motion fundraising page>

#CMHAinMotion

Customizable Image post:

Mental Health in Motion is York Region's largest fundraiser for youth mental health. This year, I will be [insert one of the following: riding, running or walking] because [your reason for participating]. With your help, the money I fundraise will support youth mental health services in our community. Sponsor my team: <link to your personal Mental Health in Motion fundraising page>

#CMHAinMotion