

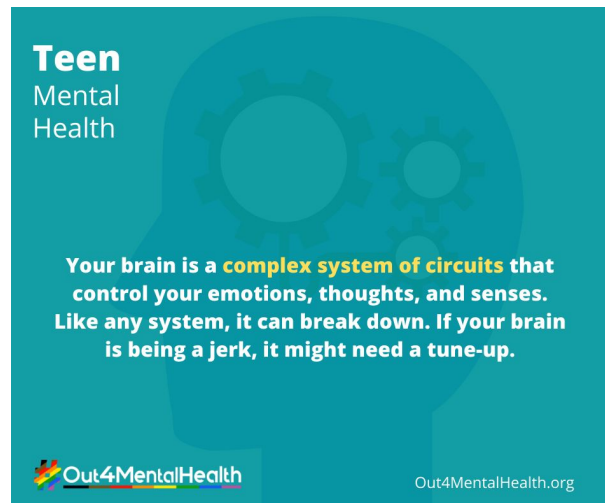


TEEN MENTAL HEALTH

Social Media Graphics

Dear partners,

The #Out4MentalHealth team has created evergreen [social media](#) graphics in response to the increased challenges that queer and trans teens could be facing due to the COVID-19 pandemic. We hope these tips and resources are helpful to engage with teens via online platforms and provide support during these difficult times. We've included [graphics](#) that could be shared individually and/or combined, and a [collection of Instagram stories](#). Please feel free to share these graphics using the hashtag #Out4MentalHealth and adapting the message to your organization's audience and needs. In case you know teens who are looking for more long term "fixes", they can make their own Support Plan at [My Support Plan](#).



For more information, please visit [Out4MentalHealth.org](#) and follow us on [Facebook](#), [Instagram](#) and [Twitter](#).