

# Work2BeWell

## State Association / School Implementation Quick Guide

### What is Work2BeWell?

- Awareness / Anti-stigma campaign
- Digital Hub (website) [www.work2bewell.org](http://www.work2bewell.org)
- Clinically vetted Curriculum
- Student Empowerment Movement

### Why should YOU help?

- Embrace & change the conversation
- Reduce the stigma of mental health
- Move upstream in your community
- Access to use and share clinically vetted Resources
- Help meet state mental health goals
- Reduce suicide among student populations
- Empower students
- Opportunity to lead in your state



### How can YOU support the movement?

- Post on social media #work2bewell
- Share in emails to your membership / colleagues / communities
- Invite Work2BeWell to do a workshop at a conference
- Work2BeWell Lessons / resources to be used / shared at your summer camps
- Plan a virtual or in person Mental Health Summit
- Create a Work2BeWell Student Advisory for your state / organization / school
- Support and facilitate student-led advocacy
- Encourage Mental Health and wellness campaigns and/or clubs in your schools

### Sample Social Media / Newsletter

Ready to use graphics to support this messaging are included separately. You can use the sample language below for social media and newsletters.

**Sample Post #1** Work2BeWell is a social movement inspiring students, educators, parents and communities to take action, raise awareness and to be mentally healthier together! Check out [www.work2bewell.org](http://www.work2bewell.org) for resources, lessons, podcasts, videos and more! #work2bewell #bewell #beheard #teenmentalhealth #youmatter #mentalhealth

**Sample Post #2** Our friends in Oregon (@OASCLeaders) have worked with @Providence @Wellbeingtrust and @icanhelp to develop a hub of resources, lessons, and more to help your students, schools and communities. Check it out @work2bewell and [work2bewell.org](http://work2bewell.org) #work2bewell #bewell #beheard #teenmentalhealth #youmatter #mentalhealth