

Social media tips: **SHARE!!!**



Facebook @JigsawYMH

Share your fundraising page via Messenger, Whatsapp and post a Facebook status. It always helps to share a story when asking for support!

"I'm supporting my mental health while supporting youth mental health by doing CLANG with Jigsaw. I'm walking 50,000 steps in 5 days while doing the 5 a day for my mental health. Support me here"

"I'm running 1200km virtually with my team in 5 days for CLANG with Jigsaw! Support me and youth mental health by donating here"

Instagram @Jigsaw_YMH

Try putting the link to your fundraising page in your bio.

We suggest sharing stories with the CLANG action of the day! Share a photo of the book you're reading, the recipe you're learning, the sky you're taking notice of and most importantly, don't forget to share the distance you've reached!

Direct people to the link in your bio!
#CLANGJigsaw

Twitter & LinkedIn @JigsawYMH

Put the link to your fundraising page in your bio here too!

"I'm supporting youth mental health by doing CLANG with Jigsaw. I'm walking 50,000 steps in 5 days while doing the 5 a day for my mental health.
Support me #CLANGJigsaw"

Share your CLANG with Jigsaw efforts with your colleagues and peers on LinkedIn. You never know who might see it!

#CLANGJigsaw