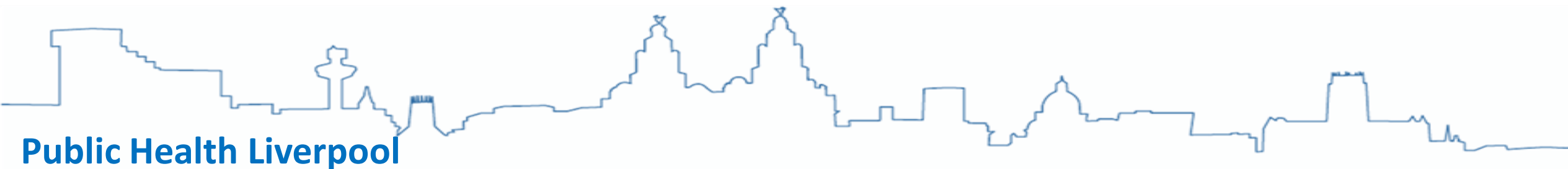




Liverpool  
City Council

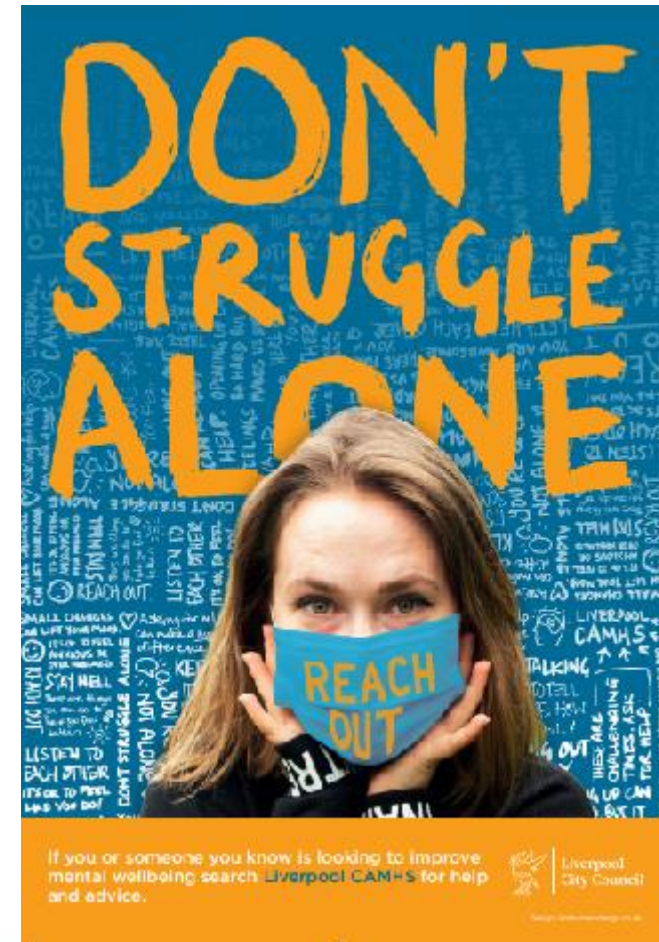
# Reach Out

## Young person's mental wellbeing campaign 2021



# The Reach Out campaign

- Developed with arts organisations and young people, Public Health Liverpool alongside the NHS and CAMHS partnership have launched a mental wellbeing campaign aimed young people aged 14 - 25 year olds who live, study and work in the city.
- A dedicated campaign webpage has been developed within the CAMHS website (<https://www.liverpoolcamhs.com/reach-out/>) that provides a range of support from self-help tips, online support through to crisis services.
- The campaign is now live across Spotify, Instagram and Facebook as well as being shared across Liverpool City Council and Public Health social media channels. The campaign will run throughout the summer and into September.
- We'd appreciate the support from our universities, colleges, high schools and other organisations across the city to:
  - order and display posters, available in A3 and A4 sizes.
  - share the adverts on social media platforms using the suggested copy on the next slide.



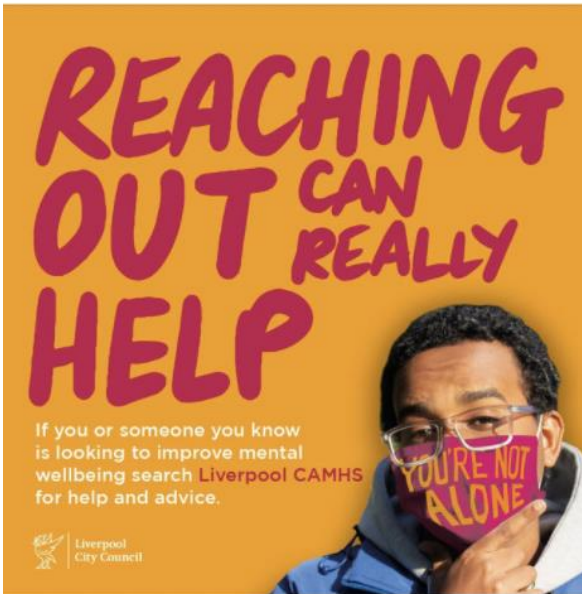
# Suggested social media copy

We have a range of adverts that can be used across social media including Facebook, Instagram and Twitter. Below is suggested copy to use on your social media channels. For Twitter, please tag in @LiverpoolPH on your tweets.

**Live Your Life Well**  
Sponsored · 🌐

Have you been feeling low, anxious or stressed for a while?

If so, there's free, local support for anyone who needs it. Get in touch today.



**REACHING OUT CAN REALLY HELP**

If you or someone you know is looking to improve mental wellbeing search **Liverpool CAMHS** for help and advice.

LIVERPOOLCAMHS.COM  
**It's ok to ask for help**  
If you are a young person, paren...

[LEARN MORE](#)

**Live Your Life Well**  
Sponsored · 🌐

It's only natural that the Covid-19 pandemic will affect our mental health in different ways.

If you're in Liverpool we can offer you free, local support. Get in touch today.



**IT'S OK TO NOT FEEL NORMAL**

If you or someone you know is looking to improve mental wellbeing search **Liverpool CAMHS** for help and advice.

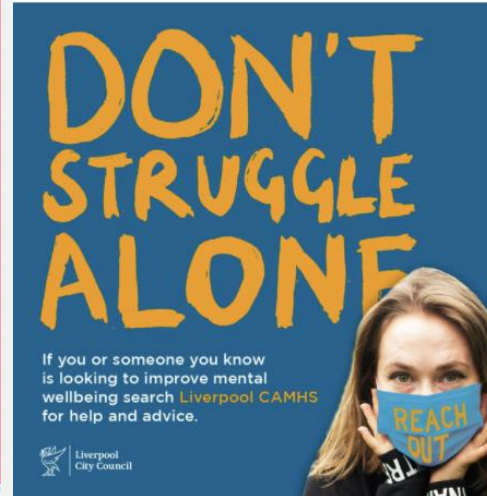
LIVERPOOLCAMHS.COM  
**It's ok to ask for support**  
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**Live Your Life Well**  
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It's only natural that the Covid-19 pandemic will affect our mental health in different ways.

If you're in Liverpool, you can get helpful tips on how to look after your mental and emotional wellbeing. Find out more today.



**DON'T STRUGGLE ALONE**

If you or someone you know is looking to improve mental wellbeing search **Liverpool CAMHS** for help and advice.

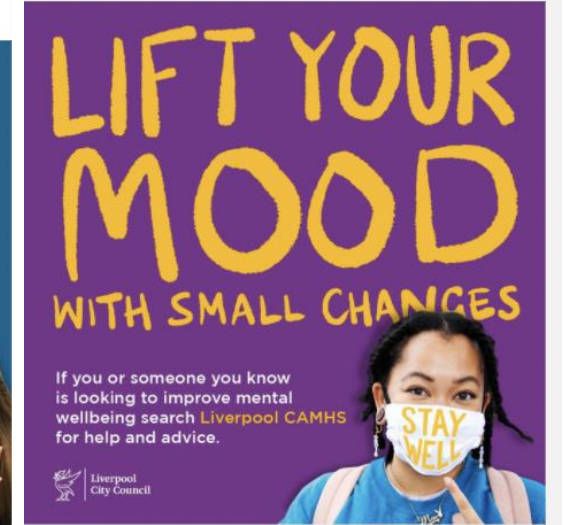
LIVERPOOLCAMHS.COM  
**Don't Struggle Alone**  
If you are a young person, paren...

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**Live Your Life Well**  
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Looking for some advice and tips to help you feel better?

If you're in Liverpool, you can get helpful tips on how to look after your mental and emotional wellbeing. Find out more today.



**LIFT YOUR MOOD**  
WITH SMALL CHANGES

If you or someone you know is looking to improve mental wellbeing search **Liverpool CAMHS** for help and advice.

LIVERPOOLCAMHS.COM  
**Lift Your Mood**  
If you are a young person, paren...

[LEARN MORE](#)

# For more information

- To order posters and adverts for social media, please email [publichealth@liverpool.gov.uk](mailto:publichealth@liverpool.gov.uk) . You can order resources throughout the summer and during September.

**Thank you for your support**

