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## Reach Out for Mental Health Social Media Campaign – Resources Shared

*October 21, 2020*

In September 2020, a small group of literacy networks, Community Literacy of Ontario, Literacy Link South Central, Literacy Northwest, and QUILL Learning Network decided to share resources and raise awareness of mental health via a 21-day social media campaign called “**Reach Out for Mental Health**”. Many others in the literacy community and beyond joined this campaign.

We have compiled the resources shared under the **#ReachOut4MentalHealth** hashtag into the following list. Click [here](#) to download our resource list. We hope it is helpful to you and the important work you do.

Thank you for “reaching out” to support mental health.

Sincerely yours,

- Community Literacy of Ontario
- Literacy Link South Central
- Literacy Network Northwest
- QUILL Learning Network

