

Twitter posts - support for adults

Countdown to campaign post:
Any day leading up to the campaign week - 5.30pm

Copy:
Starting on Monday 15th of May, Qwell will be hosting discussions and producing lots of content around the topic of anxiety. Whatever you're going through, you don't have to face it alone.

Whatever you're going through, you don't have to face it alone.

Find free, anonymous support today [go.qwell.io/EGuMdb](https://www.qwell.io/EGuMdb)

#MentalHealthAwarenessWeek

Image to use:
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General post:
Any day during the campaign week - 5.30pm

Copy:
Whatever you're feeling you don't have to face it alone. You can find free, anonymous support from Qwell today [go.qwell.io/XVi82T](https://www.qwell.io/XVi82T)

#entalHealthAwarenessWeek

Image to use:
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Monday 15th of May - 5.30pm

Copy:

Having an understanding of what anxiety is can go a long way in helping us or any young person we look after learn how to cope.

Find free, anonymous support from Qwell today
go.qwell.io/9xI9Js

#MentalHealthAwarenessWeek

Image to use:

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Wednesday 17th of May - 5.30pm

Copy:

Many of us may have experienced a panic attack ourselves or look after a child who has.

Whatever you're going through, you don't have to face it alone. You can find free, anonymous support from Qwell today
go.qwell.io/1ExgcI

#MentalHealthAwarenessWeek

Image to use:

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Sunday 21st of May - 6pm

Copy:

Being there for a child who's really struggling is so important but is one of many challenges that a parent or carer often faces.

Whatever you're going through, you don't have to face it alone. You can find free, anonymous support today go.qwell.io/GGaryX

#MentalHealthAwarenessWeek

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