

2021-2022 Young Mental Health Leaders Council Social Media Guide

Relevant Links

- **YMHL Application:** <https://mhanational.org/2021ymhlcapp>
- **MHA Young Adult Website:** mhanational.org/youngleaders

About YMHL

YMHL identifies young adults (18-25) who have created programs and initiatives that fill gaps in mental health resources in their communities. From policy to apps and peer support to sports, MHA's young adult leaders are making a difference to meet the needs of their peers. Selected applicants participate in a six-month cohort to connect and share ideas with other leaders from across the US. Learn more about the program [here](#).

In addition to attending monthly 90-minute meetings over the six-month term, YMHL members:

- Receive one-on-one mentoring for their programmatic and professional growth
- Gain leadership opportunities at MHA and with MHA partners
- Highlight their work and ideas via MHA's social media and young adult mental health resources
- Present at MHA local and national events and with MHA partners
- Join a network of young mental health leaders and MHA affiliates
- Receive a \$1,000 stipend

Application Deadline: August 20, 2021

For questions, please contact Kelly Davis, MHA's Associate Vice President of Peer and Youth Advocacy, at kdavis@mhanational.org.

Social Media Accounts

- **Instagram:** @mentalhealthamerica
- **Twitter:** @MentalHealthAm
- **Facebook:** @mentalhealthamerica

Social Media Language

Applications are now open for MHA's 2021 Young Mental Health Leaders Council! Apply now at <https://lnkd.in/dMyKW3D>. Applications are due August 20

Why should you apply? Here are 7 benefits of joining the council:

- Connect with and learn from other young leaders
- Receive one-on-one mentoring
- Gain leadership opportunities at MHA and with MHA partners
- Highlight your ideas in our resources and annual report
- Share your work with MHA's social media network
- Present at MHA and partner events, including MHA's Annual Conference
- Receive a \$1,000 stipend

Social Media Graphic



MHA
Mental Health America

YOUNG MENTAL HEALTH LEADERS COUNCIL

APPLICATIONS NOW OPEN

Apply today at mhanational.org/2021YMHLCAApp