# 2021 Day at the Capitol Social Media Guide

## While this year’s Day at the Capitol looks much different, we are still hoping to gain the attention of legislators **by posting messages on social media on February 11th**. Below are some ideas for you to consider as you meet with legislators or to simply say thank you to your legislators if you are meeting on a different day.

## **The Basics:**

* Incorporate these hashtags into your tweets:
  + #CBHCHillDay21
  + #Coleg – this is an important one as it is meant specifically to address the Colorado legislature
  + #BHealthCO
  + #MHFACO – this should be used if referring to the teen Mental Health First Aid bill in particular
* Tag CBHC and your organization as much as possible
* Colorado Behavioral Healthcare Twitter: @CBHC\_News
* Mental Health First Aid
  + **Twitter:** [@MHFirstAidUSA](https://twitter.com/MHFirstAidUSA)
  + **Facebook:** <https://www.facebook.com/MentalHealthFirstAidUSA/>
  + **Instagram:** [@mentalhealthfirstaidusa](https://www.instagram.com/mentalhealthfirstaidusa/?hl=en)
* Be sure to tag the legislators and Governor Polis for speaking at CBHC’s Policy Academy
  + Governor Jared Polis: @GovofCO
  + Mary Young: @RepMaryYoung
  + Rod Pelton: no Twitter account, but please still add his name

## **Need some inspiration for your post?**

* Highlight some of your recent activities such as warm lines, special programs, etc. while thanking #COleg and other legislators in your district for funding these programs
* Utilize photos or videos of your facilities to show the great work you do
* Utilize photos of your staff and your logos

**Create your own posts on social media using this suggested language:**

* Proud to be meet with @legislator to highlight important behavioral health needs for all Coloradans. #CBHCHillDay21 #COleg #BHealthCO
* [INSERT YOUR ORGANIZATION NAME] believes in the importance of expanding #BehavioralHealth needs across our state. We’re proud to be part of @CBHC\_News Advocacy Day! #CBHCHillDay21
* Thank you [@dafna\_m OR @pettersen4co] for introducing a #BHealthCO bill to restore critical funding for needed substance use disorder treatment programs. #COleg

