



Back-to-School Toolkit

Share information on [Good2Talk](#)'s services with your friends, family and followers using this back-to-school toolkit.

This toolkit includes helpful post ideas and assets about Good2Talk's free, confidential, 24/7 support service.

Don't forget to tag [@good2talkon](#) in your Instagram posts!

Click on the images to access a downloadable link.

Caption Copy	Instagram Graphic
<p>Hey [school name] students! Have you heard of Good2Talk?</p> <p>Good2Talk provides free, confidential mental health support 24/7 to post-secondary students.</p> <p>You can talk to professional counsellors, learn about local resources, or access crisis support by:</p> <p>Calling 1-866-925-5454 Texting GOOD2TALKON to 686868</p> <p>Visit good2talk.ca to learn more!</p>	
<p>Heading back to school this year? How are you feeling about it?</p> <p>Good2Talk is here for any and all emotions that may come with returning to school. If you want to talk to a professional about what's on your mind, the Good2Talk team is available for you 24/7, completely for free.</p> <p>☎ Call 1-866-925-5454 ➡️ Text GOOD2TALKON to 686868</p>	

Is school different than you expected this year?

Good2Talk is here for you. 24/7. Totally confidential. Totally free.

Call 1-866-925-5454

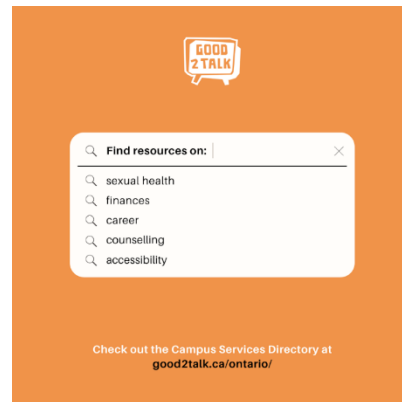
Text GOOD2TALKON to 686868



New to the area and in need of support?

Good2Talk's Campus Services Directory provides a variety of resources for on-campus and off-campus supports, so you can find the resource that's right for you 😊

Visit good2talk.ca to learn more!



Good2Talk is now available in 100+ languages!

Call 1-866-925-5454 to access free, confidential professional counselling and information on local resources.

Learn more at good2talk.ca

