



## How to create your own #ChatStarter video on social media

We are so glad to hear that you want to help us encourage more young people and parents to have conversations about the mental health challenges they're facing. After all, a small chat can make a big difference, and might help someone get the support they need.

Creating your own video is super easy!

1. Select **one** #ChatStarter from [www.headtohealth.gov.au](http://www.headtohealth.gov.au)
2. **Download** your #ChatStarter sticker onto your phone.
3. Film a 30 second video (live or saved on your phone) about why you think this #ChatStarter helps start conversations about mental health challenges during COVID – this could be about you or someone you know – it might help to think of a situation where the #ChatStarter has helped.
4. Upload onto your social media with the matching sticker, hashtag #ChatStarter and encourage people to go to [www.headtohealth.gov.au](http://www.headtohealth.gov.au) for more #ChatStarters.

You can create and share multiple #ChatStarters. Don't forget to use the stickers, include the hashtag and the link to the website so everyone can access the free resources.