

Our goal is your
wellbeing

Wellbeing.gov.bc.ca Online Sharing Toolkit

In this toolkit you will find online shareables to get the word out about the new website – [Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca).

What is Wellbeing.gov.bc.ca?

[Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca) is a website developed by the Ministry of Mental Health and Addictions to help people in B.C. connect with mental health and substance use information and resources.

There are different areas on the website where you can learn more about a particular topic or search to find supports if you or someone you care about needs help.

Why was Wellbeing.gov.bc.ca created?

It can be really challenging to find free or low-cost mental health and substance use supports online. You may not know where to start or it may feel overwhelming. [Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca) helps to improve this experience by providing easy access to information and supports.

How can the website support me or a loved one?

You can find useful information about topics related to mental health and substance use, as well as supports and services that fit your needs.

Where do I go to learn more?

Visit [Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca) – your pathway for mental health and substance use supports across B.C.

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Wellbeing.gov.bc.ca Shareables

Here you'll find images that you can use online for social media platforms, in newsletters or on websites. You can use the copy provided to make your own social media posts.

Social Media Copy:

POST COPY 1: Wellbeing.gov.bc.ca is live! Find mental health and substance use information and supports for yourself and your loved ones. Learn more. #MentalHealthMatters #Wellbeing

LINK TO: [Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca)

POST COPY 2: It can be challenging to find the help you need online. Visit Wellbeing.gov.bc.ca for mental health and substance use supports and information. #MentalHealthMatters #Wellbeing

LINK TO: [Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca)

POST COPY 3: As we begin to adapt to a “new normal”, Wellbeing.gov.bc.ca can help you find mental health and substance use supports. Learn more. #MentalHealthMatters #Wellbeing

LINK TO: [Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca)

Image Colour Options:



[Download Assets](#)

If you have any questions, please contact: MMHAweb@gov.bc.ca



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Youth Assets

Here you'll find images that you can use online for social media platforms, in newsletters or on websites to get the word out about supports for youth on Wellbeing.gov.bc.ca. You can use the copy provided to make your own social media posts.

Social Media Copy:

POST COPY 1: If you're a parent or caregiver and looking for support for a young person in your life, find mental health information and services online. Learn more. #MentalHealthMatters #Wellbeing

LINK TO: [Wellbeing.gov.bc.ca/Youth](https://wellbeing.gov.bc.ca/Youth)

POST COPY 2: If you're a young person experiencing things like stress, anxiety or depression, there is support available. Find services to help your mental health and wellbeing. Learn more. #MentalHealthMatters #Wellbeing

LINK TO: [Wellbeing.gov.bc.ca/Youth](https://wellbeing.gov.bc.ca/Youth)

Image Copy Options:



Download Assets

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