

## I Matter: How to Get Involved

All Colorado youth 18 and younger (and youth 21 and younger receiving special education services) are eligible to receive at least three free therapy sessions. Visit [IMatterColorado.org](http://IMatterColorado.org) to take a brief mental health survey and schedule your appointments!

### Get Involved

If you want to go a step further and help us spread awareness of this program, we'd love to have you involved! Here are a few ways you can participate:

- Post about I Matter on social media using the images and videos that you can find [here](#), include #IMatterColorado, and encourage your friends to take the survey and schedule an appointment. Let them know it's ok to talk to someone about how they're feeling!
- Share a personal story about mental health using the video/post prompts below with your friends on social media, and be sure to use #IMatterColorado.
- Tell us about using the program! Email your experience with I Matter to [claire@ameliecompany.com](mailto:claire@ameliecompany.com), and we'll share a quote on social media (using first names, only).
- Order campaign posters, stickers, and more for free to distribute at your school and/or in your community at [this link](#).

Additionally, we are looking for youth to share their stories on a larger scale! If you have public social media accounts that **total over 500 followers** and are interested **in being paid** to promote the I Matter program, please fill out [this form](#) to get more information and guidelines for participation.

### Video/Post Prompts

- Talk about a time when you struggled with your feelings or emotions
- Share a story about how you got help for your mental health, or how a friend got help for theirs (with their permission, of course!). If you're using a friend's story with their permission, we also recommend you use only their first name, or not their real name, to protect their privacy. If they're comfortable sharing



# I Matter.

their story widely, you could also encourage them to join you in your video, or make a video/post of their own.

- Talk about your experience with the I Matter program, and how it may have helped you. As a bonus for bigger impact, post a selfie of you with an #IMatterColorado sign (you can make your own!), or with an I Matter poster or sticker.

