

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 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, 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



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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.

