

Become a Mental Health Ambassador!



is a youth-focused mental health campaign created by **South Florida PBS Health Channel** aimed at promoting positive messaging in music to shift attitudes and empower support for peers with mental health issues.

Follow these steps to become an Ambassador:

- Create a 60-sec video on Instagram Reels or Tik Tok with images/video and a song that helps your mental health
- Share with your followers & tag **@AllHealthGo**
- Use the hashtag **#SeeMeHearMeHealMe**



Sample video

@AllHealthGo will reshare the videos created to drive awareness of this campaign and offer resources found at [AllHealthTV.com/mental-health](https://www.AllHealthTV.com/mental-health)