# #HearNowON – Shareable messages

#### General messages

1. Did you know? Ontario students in grades 7–12 have an exciting opportunity to shape the future of school mental health through #HearNowON! Please share this opportunity with your networks: <bit.ly/HearNow-ON>
2. Do you know Ontario students in grades 7–12? Empower students to share their perspectives on school mental health through #HearNowON. Learn more: [bit.ly/HearNow-ON](https://smhosmso.sharepoint.com/sites/SchoolMentalHealthOntario/Shared%20Documents/Communication%20and%20Technical%20Support%20(CAST)/!2024-2025%20Production%20work/HearNowON/Wave%202%20(Jan-Mar)/Communications%20package/bit.ly/HearNow-ON)
3. Students are key to shaping mental health learning and programming in schools – let’s ensure their voices are heard. Share #HearNowON today: [bit.ly/HearNow-ON](https://smhosmso.sharepoint.com/sites/SchoolMentalHealthOntario/Shared%20Documents/Communication%20and%20Technical%20Support%20(CAST)/!2024-2025%20Production%20work/HearNowON/Wave%202%20(Jan-Mar)/Communications%20package/bit.ly/HearNow-ON)

#### Messages for students

1. Are you a student in grades 7–12 in Ontario? You have an exciting opportunity to shape the future of school mental health through #HearNowON! Check it out: [bit.ly/HearNow-ON](https://smhosmso.sharepoint.com/sites/SchoolMentalHealthOntario/Shared%20Documents/Communication%20and%20Technical%20Support%20(CAST)/!2024-2025%20Production%20work/HearNowON/Wave%202%20(Jan-Mar)/Communications%20package/bit.ly/HearNow-ON)
2. Want to help shape the future of mental health in schools? If you’re an Ontario student in grades 7–12, #HearNowON is your chance to share your voice. Learn more: [bit.ly/HearNow-ON](https://smhosmso.sharepoint.com/sites/SchoolMentalHealthOntario/Shared%20Documents/Communication%20and%20Technical%20Support%20(CAST)/!2024-2025%20Production%20work/HearNowON/Wave%202%20(Jan-Mar)/Communications%20package/bit.ly/HearNow-ON)
3. Your voice matters! Students like you can help shape mental health learning in schools through #HearNowON. Be part of the change: [bit.ly/HearNow-ON](https://smhosmso.sharepoint.com/sites/SchoolMentalHealthOntario/Shared%20Documents/Communication%20and%20Technical%20Support%20(CAST)/!2024-2025%20Production%20work/HearNowON/Wave%202%20(Jan-Mar)/Communications%20package/bit.ly/HearNow-ON)
4. Are you interested in mental health? This is your chance to help shape mental health and well-being resources in schools! Join #HearNowON and share your voice through virtual focus groups and an online survey. Learn more: [bit.ly/HearNow-ON](https://smhosmso.sharepoint.com/sites/SchoolMentalHealthOntario/Shared%20Documents/Communication%20and%20Technical%20Support%20(CAST)/!2024-2025%20Production%20work/HearNowON/Wave%202%20(Jan-Mar)/Communications%20package/bit.ly/HearNow-ON)