

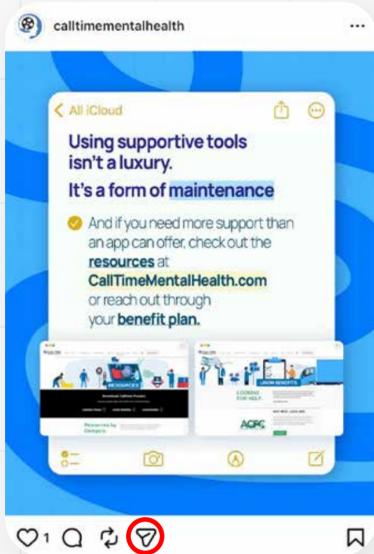
USER GUIDE ON HOW TO SHARE ON SOCIAL MEDIA



Instagram



- 1 Go to @calltimementalhealth
- 2 Tap Below the photo/video

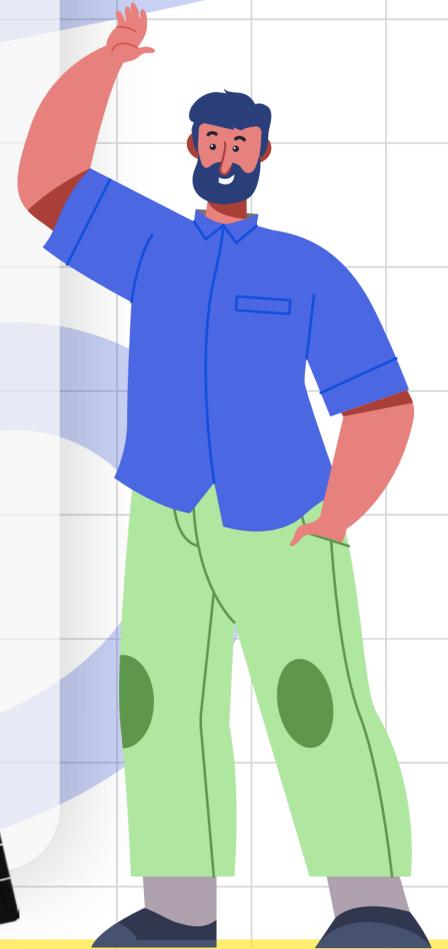


- 3 Tap Add post/video/reel to your story
- 4 Tap Add to story
- 5 Tap Your story and will appear in your stories



Facebook

- 1 Go to Calltime Mental Health
- 2 Tap share below the photo/video



LinkedIn

- 1 Go to Calltime Mental Health
- 2 Click **Repost** under the post you want to share



X

- 1 Go to @calltimemh
- 2 Click on the arrows



If you have any questions please email

socialmedia@calltimementalhealth.com



Welcome CHAMPION!