

This is how... #WeveGotThis Insta Influencer Guide

@Thisishow_Norfolk encourages and promotes positive messages around mental health. It focuses on the 5 ways to wellbeing and promotes and highlights activities, tips and guidance for young people living in Norfolk to improve their mental health.

Links:

Instagram: [@thisishow Norfolk](#)

TikTok: [@thisishow Norfolk](#)

Hashtag: This is how #WeveGotThis

Our campaign tagline is This is how #WeveGotThis to encourage young people to share their individual advice, tips and thoughts around wellbeing.

--

Here's how you can help:

Our aim is to create a social media platform that is run by young people for young people.

We're looking for young people to help come up with content, ideas and videos that can be shared on [@we'vegotthis_Norfolk](#)

Run as a project team we'll meet virtually once a month to build and create a monthly content calendar to be shared on social media.

We'd love to hear from you if you're interested in the following:

- Supporting mental health and sharing your own tips
- Posting regularly on social media and building your own following
- Creating your own mini video clips
- Working as a team to create content and stories for like minded young people
- Helping your community

Share ideas, take photos and make videos

Content from young people will be at the heart of the campaign, if you are doing activities to support your mental health and wellbeing we'd like to see!

Photos and videos can be shared by:

- Direct Message
- Tagging the social media handles alongside This is how #WeveGotThis
- Emailing jade.cubitt@norfolk.gov.uk or louise.banning@norfolk.gov.uk

If you have any questions in the meantime, please do feel free to get in touch with Louise.banning@norfolk.gov.uk