



## Hello from Tee Up For Mental Health!

Thank you so much for choosing us to share your mental health journey with us. This is a great step and very brave of you! We hope by sharing your story, you will experience a sense of relief that we have felt from sharing our stories. Knowing you're not alone is so important, and we want you to know we are there with you. If at any point you are unsure about this process or have any questions please don't hesitate to contact me at any time. We know from experience this is a very empowering process but can also be intimidating at times, please reach out if you need support!

### Please review what we need from you:

- Your favourite photograph of yourself!
- Any information you feel comfortable sharing about your mental health journey and how it affects your daily life.
- A coping skill, motivational quote or positive practice that has helped you or that you connect with!
- Any Social Media Profile Usernames you would like us to share with your story!

Again if you have any hesitations or questions about anything, please do not hesitate to reach out!

After your finished profile is complete please send it back with your photo as an attachment. We plan to share these profiles on Instagram and Facebook and would love for you to share your profile with your friends. We hope this will continue to encourage more people to share their stories!

We believe this can be a very positive movement, helping each member that participates feel less alone and like a small weight has been lifted from their shoulders. We are so thankful you chose to run with this idea with us!

Thank you again!

Stay Strong and Safe,  
Shaelyn Heise  
Tee Up For Mental Health Founder