



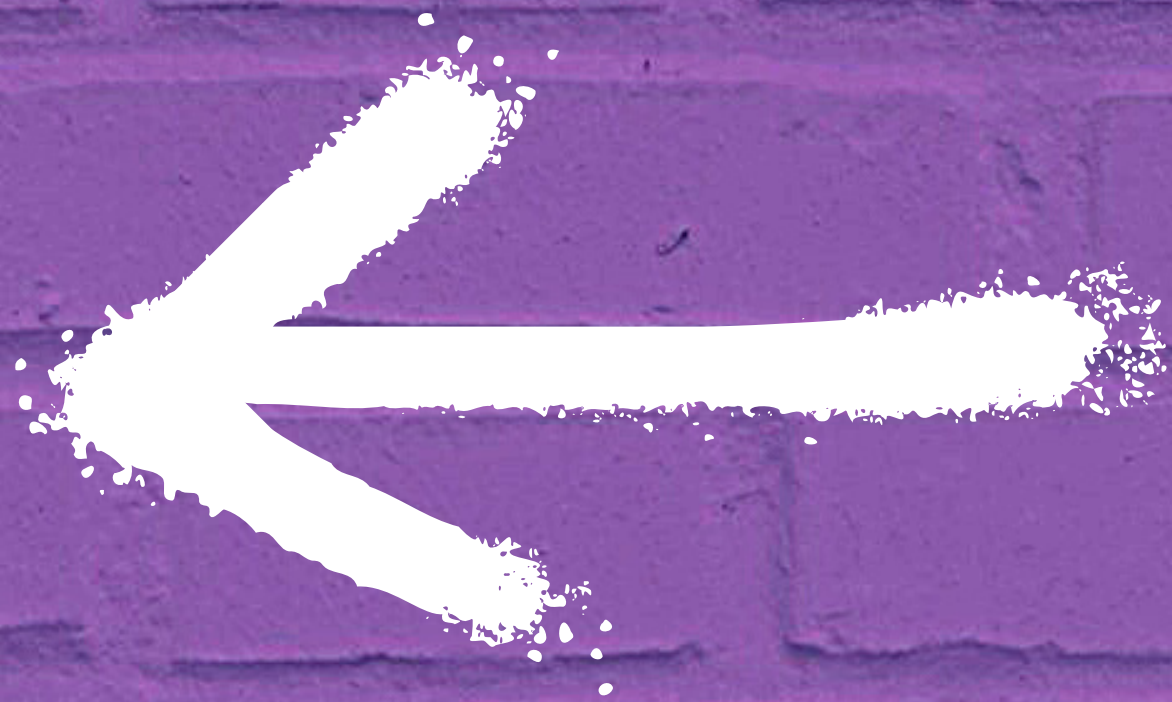
Recovery
Cymru

• Est. 2010 •



#SwipeOut **STIGMA**

Social Media Toolkit



CAMPAIGN HASHTAGS

Please include in any posts:

#SwipeOutStigma

#PeerPowerCymru

#RecoveryCymru

FOR SOCIAL MEDIA USE

To download these images:

1.)Click any of the links

2.)Right-click your mouse

3.)Go to 'Save As' on the menu and click it

4.)Save it to your device

5.)If you have a mobile phone, press your finger onto the image and wait for the option to download to show

SOCIAL MEDIA GRAPHICS:

<https://tinyurl.com/4w9595w8>

<https://tinyurl.com/2v2xjbhc>

<https://tinyurl.com/bdzfa74d>

<https://tinyurl.com/2rb5fzbm>

SOCIAL MEDIA BANNERS/COVERS:

FACEBOOK: <https://tinyurl.com/3msy5jbp>

TWITTER: <https://tinyurl.com/2p97666v>

LINKEDIN: <https://tinyurl.com/yckvtzm8>

HERE'S SOME SOCIAL MEDIA WRITING FOR YOU TO USE:

You can put this writing alongside your chosen image. You can repeat them, as not everyone will see your posts at the same time.

FOR INDIVIDUALS:

I am supporting #RecoveryCymru for the #SwipeOutStigma campaign! Language about substance use and recovery has power! Don't swipe by, support the community to raise awareness & challenge myths! Explore our campaign <https://tinyurl.com/2d53fnjs>
#Stigma #Addiction #Recovery #PeerPowerCymru

Stigma against people with a history of substance use problems builds barriers of shame and judgement. Join us to build hope, compassion, and understanding! Explore our campaign #SwipeOutStigma <https://tinyurl.com/2d53fnjs> and share this post!
#Stigma #RecoveryCymru #PeerPowerCymru #Addiction #Recovery

Stigma against people with substance use problems and recovery can mean your friends, family, colleagues or even yourself may feel hesitant to seek support. Don't #Swipe by. Discover all the ways you can help yourself or those around you with our #SwipeOutStigma campaign <https://tinyurl.com/2d53fnjs> #PeerPowerCymru
#RecoveryCymru #Recovery #Addiction #Cardiff #TheVale

FOR BUSINESSES:

(Business Name) is proud to support #RecoveryCymru and their #SwipeOutStigma campaign. We believe all of our team should be able to feel safe when they need support from us if they have a substance use problem. Find out more about their campaign here: <https://tinyurl.com/2d53fnjs>

By understanding the real person behind their substance use, as well as the experiences that people have, we can all celebrate their #Recovery rather than their judge addiction. That's why (business name) supports #RecoverCymru with their #SwipeOutStigma campaign. Find out how you can too: <https://tinyurl.com/2d53fnjs>
#SwipeOutStigma #PeerPowerCymru #Recovery #Addiction
#Cardiff #TheVale

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