



Sample Messaging for Social Media

Social media such as Facebook, Twitter, Instagram and others are great ways to let friends, family and those with a common interest know about important events in your life. Participation in a Recovery Day could be one of those events.

Faces and Voices of Recovery Canada is introducing a campaign to celebrate Recovery Day as well as your journey in recovery throughout the year. We are suggesting that you take a selfie picture and post it on our website to capture a special moment for you.

Our campaign is called **See Your Selfie (in Recovery)**. You can post your picture on our site ([click here](#)) and you can promote the campaign to all your social media contacts so that they can either participate or promote the campaign to their circle of friends.

You can pick a selfie of yourself or someone from our Gallery and post it on your timeline, or comment as a tweet or share the picture on Instagram with a comment on Recovery.

Every time you choose to share a picture related to Recovery Day, you are helping someone else to get the help they need and helping us address the stigma that still remains on this subject.

Remember to add in hashtags to make your post more visible. Below are some suggestions:

#RECOVERYMATTERS
#FAVORCANADA
#Breakthestigma
#recoverycommunity
#celebratingrecovery
#Selfie
#AddictionAwareness

Check our resources page for other images you can use to post on social!

