



## [#GetReal Website Draft](#)

### **What is the #GetReal Campaign:**

Together CMHA Waterloo Wellington and The Grove Wellington Guelph have developed the #GetReal campaign. A campaign dedicated to demanding action from elected officials and community representatives to ensure mental health and wellness is a priority in the upcoming municipal election. The #GetReal campaign encourages voters to leverage their vote to make sure mental health and wellness is on the ballot by signing letters of support and demanding action on the current mental health crisis in our community.

You can get involved and #GetReal by visiting the [#GetReal](#) website, submitting your letter of support and using your platform to spread the word about the current mental health crisis in Guelph and Wellington County, amplifying the message that mental health matters!

### **The Issue:**

The Grove Wellington Guelph, in partnership with the Canadian Mental Health Association Waterloo Wellington (CMHA WW), has seen demand for **mental health services increase by 40% in 2021**, estimating that four out of five youth are struggling with mental health or substance use in Guelph and Wellington County. As of June 2022, the demand for child psychology services has increased 96%, the need for counselling and treatment services has increased 146%, and family support has increased 56% since the start of the pandemic.

### **How you can be involved!:**

- Submit your information on the website to send your letter of support
- Share website link with your audience and encourage them to submit their letters of support
- Use [#GetReal social media graphics](#)
- Inform your audience about the mental health crisis.

CAPTIONS:

“Guelph and Wellington County are in a mental health crisis. With the municipal election fast approaching, now is the time to DEMAND ACTION from elected officials and make a difference in our community by prioritizing mental health and wellness.

@The Grove Hubs and @CMHAWW have partnered together to develop the #GetReal campaign, encouraging Guelph and Wellington County to #GetReal about mental health and wellness by demanding action.

Click here to learn more about the current crisis in our community and #GetReal by signing your letter of support for mental health and wellness in the upcoming election [insert link here].

#GetReal #GetRealGuelph #GetRealWellington #DemandAction #MentalHealthMatters”

---

“Guelph and Wellington County, It is time to #GetReal about mental health. We are in a mental health crisis and @The Grove Hubs and @CMHAWW are asking you to DEMAND ACTION.

Click here to learn more about the current crisis in our community and #GetReal by signing your letter of support for mental health and wellness in the upcoming election [insert link here].

#GetReal #GetRealGuelph #GetRealWellington #DemandAction #MentalHealthMatters”

---

“The upcoming municipal election is fast approaching. It is time to #GetReal and vote with mental health and wellness in mind. Guelph and Wellington County are in a mental health crisis. @The Grove Hubs and @CMHAWW are encouraging you to #GetReal about mental health.

#GetReal about the current state of mental health in our community and DEMAND ACTION here: [insert link here].

#GetReal #GetRealGuelph #GetRealWellington #DemandAction #MentalHealthMatters”

---

“@The Grove Hubs and @CMHAWW want to our community to #GetReal about mental health. Now is the time to DEMAND ACTION as the election is fast approaching.

Learn about the state of mental health in the [Guelph] [Wellington County] community and how to submit your letter of support by clicking the link

#GetReal #GetRealGuelph #GetRealWellington #DemandAction #MentalHealthMatters”

---