**Twitter**

Take part in Bolton’s Big Wellbeing Conversation and be in with a chance to win a £25 gift card!

The results of the survey will help ensure that Bolton’s mental wellbeing support services are targeted where they are most needed.

Join the survey: <https://bit.ly/3ehtAhm>

#BoltonWellbeing

A new survey wants to hear how people in Bolton are feeling. Whether you’re happy or stressed, or can’t wait for the pandemic to be over, your experiences are important.

You’ll be helping ensure that wellbeing support services are targeted where they are needed.

Survey: <https://bit.ly/3ehtAhm>

#BoltonWellbeing

**Facebook & Instagram**

Take part in Bolton’s Big Wellbeing Conversation and be in with a chance to win a £25 gift card!

We want to hear from as many people as possible, from all walks of life, backgrounds and occupations, and with diverse experiences of wellbeing and mental health.

The results of the survey will help ensure that Bolton’s mental wellbeing support services are targeted where they are most needed.

Join the survey: <https://bit.ly/3ehtAhm>

#BoltonWellbeing

How are you feeling?

Your experiences of mental health and wellbeing are important and Bolton’s Big Wellbeing Conversation wants to hear from people across the town and in every walk of life.

Whether you’re feeling happy or stressed, or you just can’t wait for the pandemic to be over, this is your chance to let us know.

The results of the survey will help ensure that Bolton’s mental wellbeing support services are targeted where they are most needed. #BoltonWellbeing

Join the survey: <https://bit.ly/3ehtAhm>

**Email to networks**

Everyone in Bolton is being invited to tell the council how they are feeling. A new consultation – [Bolton’s Big Wellbeing Conversation](https://bit.ly/3ehtAhm) – will help ensure that the mental wellbeing support services provided by the council are targeted where they are most needed.

We would really appreciate it if you could help to let people know about the consultation. For example, by posting about it on social media or sharing the council’s posts, adding information to your website, or including it in your newsletters and emails.

To help, I’ve attached a press release and some social media graphics and ideas for Tweets and Facebook posts.

We want to hear from as many people as possible, from all walks of life, backgrounds and occupations, and with diverse experiences of wellbeing and mental health.

Everyone who completes the survey will be in with a chance of winning a £25 gift voucher.

The survey is being carried out on behalf of Bolton council by the Independent Mental Health Network, which has previously carried out similar work across Greater Manchester.

Join the survey: <https://bit.ly/3ehtAhm>

Kindest regards,