



Social media is all about interaction – reply, retweet and join discussions about United Way and its impact. Choose or write tweets that are important to you and contribute to the conversation that is sure to result. Be sure to use #hashtags to extend the reach of your posts and increase the odds that your content will be shared. Lastly, include a photo whenever you can to generate even more interest!

#unitedwaylm

- Together we are building the capacity of our community and strengthening the non-profit sector @unitedwaylm
- Share your experiences, expertise and energy with @unitedwaylm #ldnont by volunteering!
- Getting paid for what you have to offer is one thing, but giving of yourself without compensation will really #changethestory
- It takes each of us to #makeadifference for all; with @unitedwaylm we can #changethestory
- As a @unitedwaylm volunteer, you're a vital part of positive change in #ldnont
- We seek to identify, understand & address root causes of social issues in #ldnont @unitedwaylm
- Help provide security for the homeless by supporting @unitedwaylm
- Support @unitedwaylm in the pursuit to help keep families together and to offer friendship to those that feel excluded!
- Your contribution enables @unitedwaylm to invest in 81 programs with more than 50 partners- our biggest investment ever!
- Join @unitedwaylm and be an advocate for action in #ldnont
- At @unitedwaylm we think doing good is as important as doing well!
- Real change happens one gesture, one person, & one moment at a time! Start now #ldnont and donate to or volunteer with @unitedwaylm
- Let's get our #ldnont communities thriving, not just surviving @unitedwaylm

#poverty

- Curb homelessness and help someone feel 'home at last' by contributing to @unitedwaylm
- Everyone has something to give-your time, advocacy and money all make a difference @unitedwaylm
- Let's make sure every person's basic needs are met and #changethestory with @unitedwaylm
- We know that there is a difference between a house and a home- Let's #changethestory of #homelessness in #ldnont
- 1/5 of people in #ldnont live below the poverty line according to the Low Income Measure- Let's #changethestory
- We @unitedwaylm believe access to food, shelter, clothing & education represent a modest & indispensable #standardofliving
- 20,672 subsidized meals were delivered by @MOWLondon to low-income seniors & adults with disabilities with your contributions to @unitedwaylm
- 3,718 individuals accessed #basicneeds support such as food, clothing, health vouchers & school items- your contribution #hardatwork



#mentalhealth

- Don't be silent about #mentalhealth! Let's talk about it #ldnont!
- Judgement is one of the greatest barriers for those living with #mentalillness #ldnont
- Support is out there for people experiencing #mentalhealth challenges-@unitedwaylm makes sure of it!
- We are committed to removing the stigma around #mentalhealth @unitedwaylm
- Everyone has a story to tell; let's start listening #ldnont so we can #changethestory for good!
- #mentalhealth is about how you drive, not where you're going! Let's #changethestory #ldnont
- Mental health conditions take many forms and are DISTINCT from the people who experience them- support @unitedwaylm and #changethestory
- Your donation to @unitedwaylm ensures crisis hotlines are staffed by skilled volunteers in #ldnont
- 1/5 of us will experience a #mentalhealth issue in our lifetime. Let's #changethestory about #mentalhealth in #ldnont
- 86,887 visits were made to health and wellness programs at the Horton Street Seniors' Centre thanks to your contributions to @unitedwaylm
- 3,500 hours of friendship & support were provided by @sjhospicelondon to those with terminal illness- what a way to #changethestory
- Your contribution to @unitedwaylm helped @BestBuddies boost participants' self-reported wellbeing and self-confidence by 88%!

#beginnings #transitions

- Your contribution to @unitedwaylm assists programs that reduce pressure on families in changing times and helps keep support systems intact!
- We know that kids with access to tutoring, camp & sports have better self esteem, grades & strive for more from life!
- Tolerance is not enough; we need inclusivity, respect & celebration of newcomers in our #ldnont community! Help @unitedwaylm #changethestory
- Change starts when we ensure that all kids can have a chance at a life-changing moment! Help @unitedwaylm #ignitethespark
- Diversity, inclusivity & equity are fundamental to a healthy and thriving #ldnont community!
- We @unitedwaylm believe it's crucial to connect what makes us similar & celebrate what makes us different!
- 1/4 children in #ldnont enter school not ready to learn: work with @unitedwaylm to #changethestory
- 955 children from low-income homes were able to develop new skills & foster healthy relationships at kid's camps!
- 230 families were supported at Changing Ways and @WRRRCStrathroy- @unitedwaylm helping to keep families safe & stable!
- Together we are creating a community where kids have a healthy start and the opportunity to reach their potential!