



# Pay it Forward

HOSA Mental Health Promotion 2023

Olentangy High School, Columbus, OH

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We are a social media campaign based in Columbus, OH.

We aim to educate our peers about our protective factors, philanthropy and mindfulness, and our risk factors, loneliness, isolation, and self-criticism, and how they impact each other!

(References start on page 6)

## EASY ACCESS LINKS:

### INSTAGRAM:

<https://www.instagram.com/payitforward.hosa/>

### TIKTOK:

<https://www.tiktok.com/@payitforward.hosa?lang=en>

### PODCAST:

[https://open.spotify.com/show/5pB18bBZqfpecaLlPca8hr?  
si=fbe3dfebe767498e](https://open.spotify.com/show/5pB18bBZqfpecaLlPca8hr?si=fbe3dfebe767498e)

### WEBSITE:

[https://sites.google.com/view/payitforwardhosa/home?  
authuser=2](https://sites.google.com/view/payitforwardhosa/home?authuser=2)

### LINKTREE:



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<https://linktr.ee/payitforward.hosa>

## **MENTAL HEALTH CONSULTANT FORM**

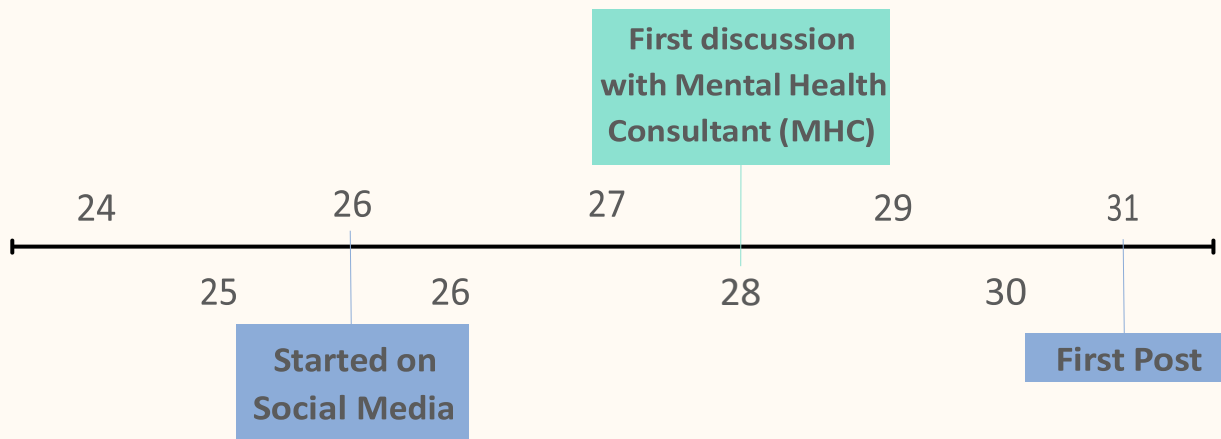


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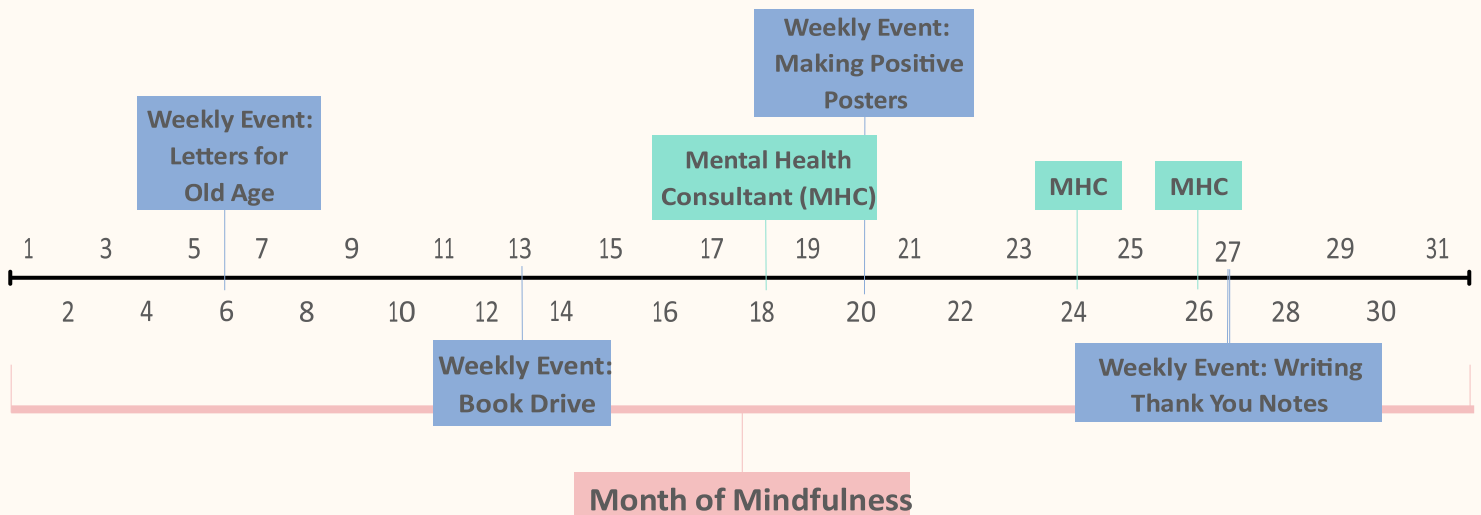
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### TIMELINES:

#### DECEMBER



#### JANUARY



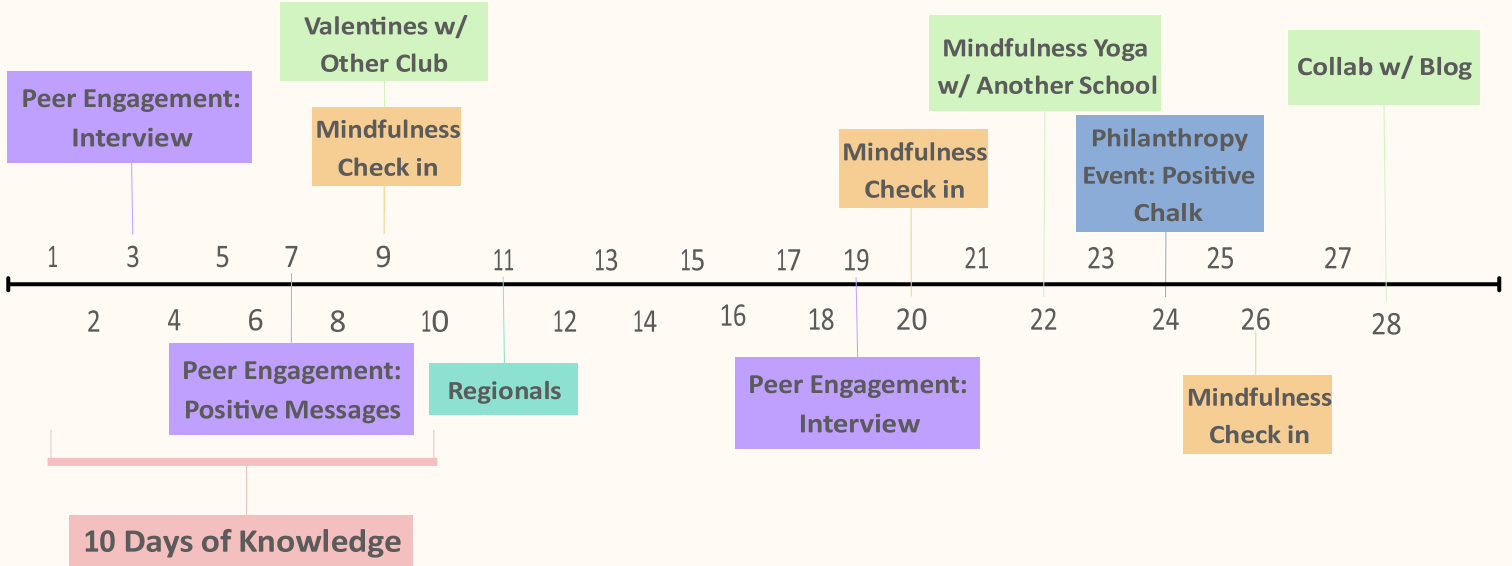
### TIMELINES:

#### FEBRUARY

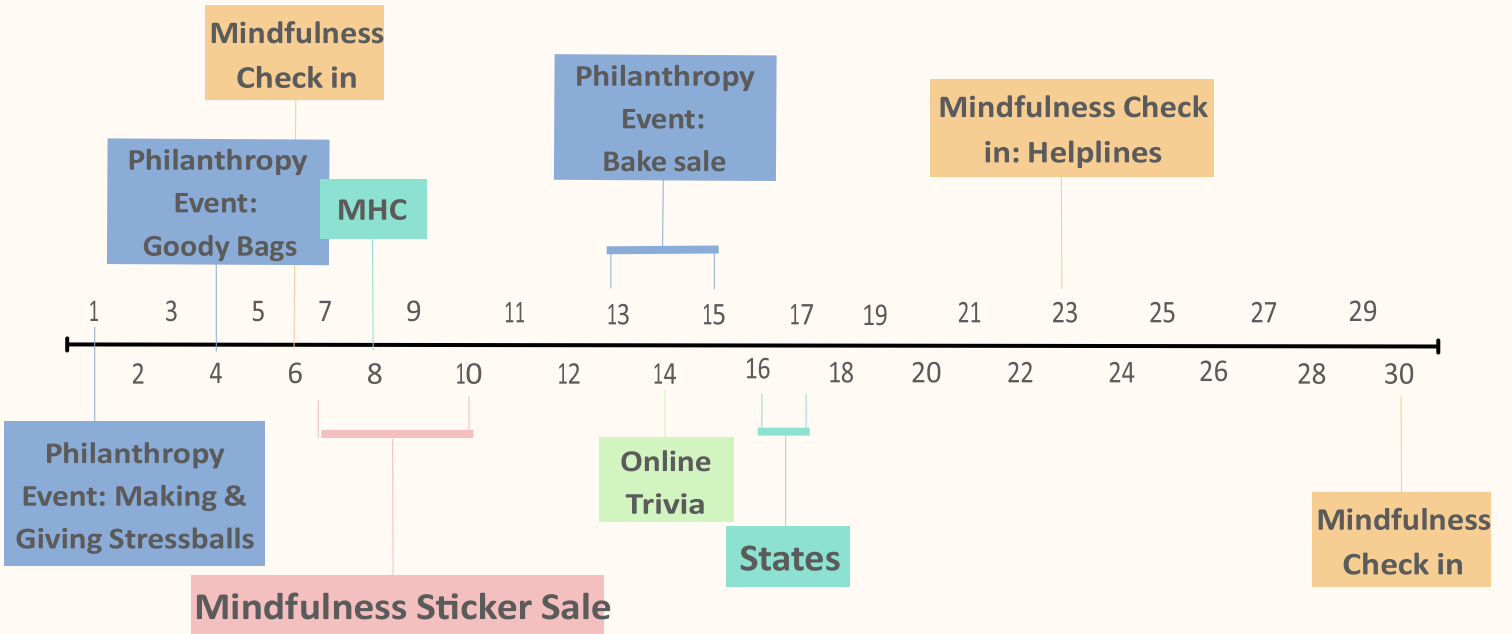


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## MARCH



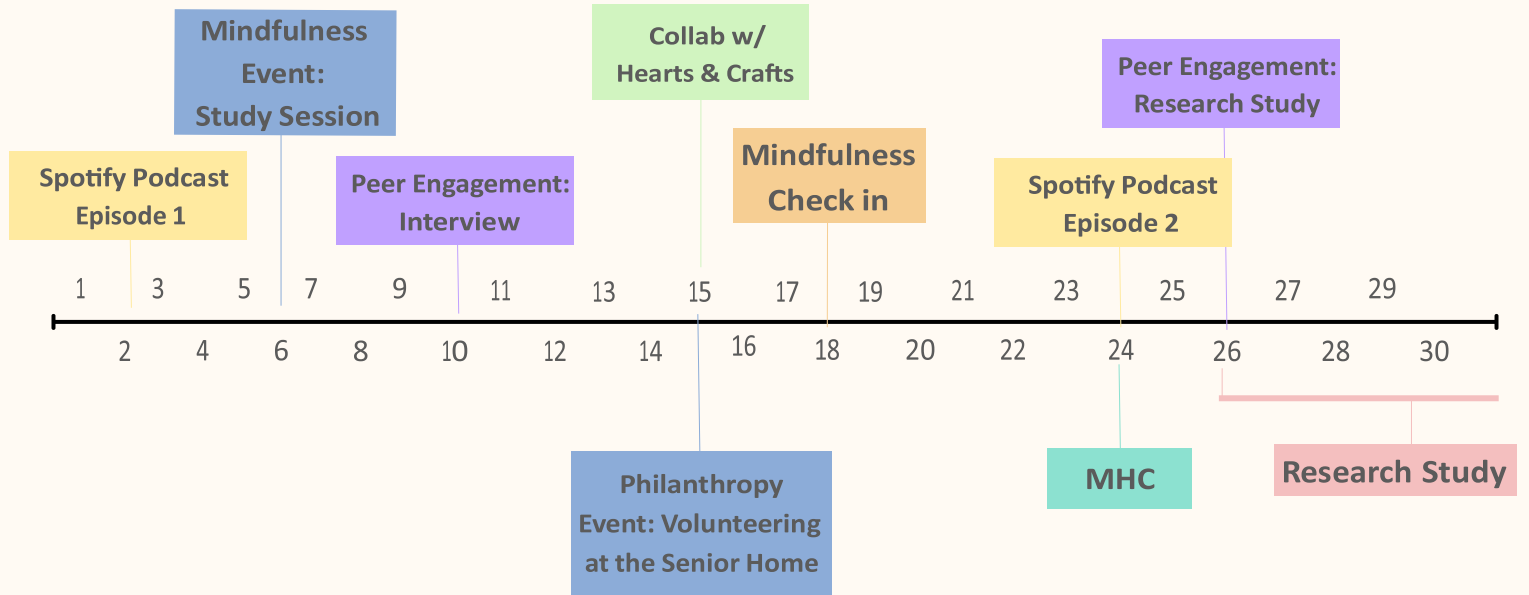
## TIMELINES:

## APRIL

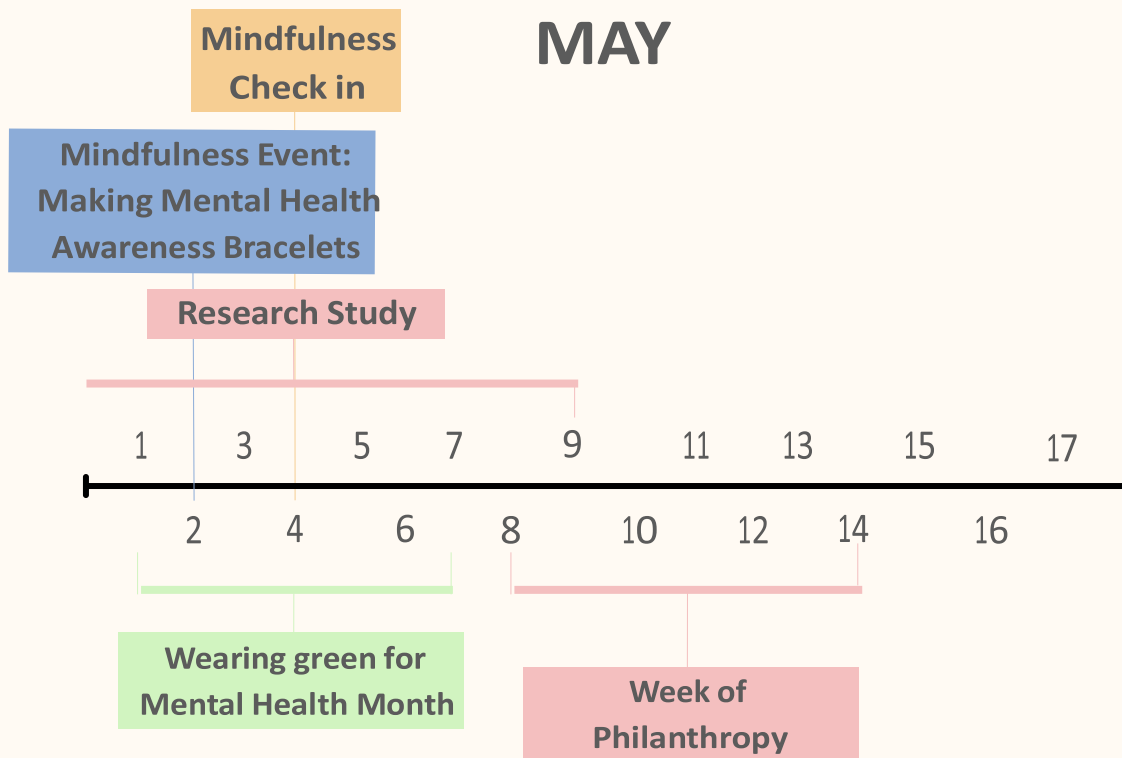


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## MAY





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