Astrup offers sample posts to help you quickly post and promote your efforts during the Legislative Conference. They are grouped into distinct topic areas. Feel free to use it as you like. You are welcome to tweak and cater your posts to make them more unique and personal.

**List of Congressional Twitter accounts** | Find your representative’s Twitter handle with [this guide](#) and find your Senator’s Twitter handle with [this guide](#).

**# Hashtags to use:**
#AACAPLC24
#captweet
#mentalhealth
#mentalhealthmatters

**@ Twitter/X Handles for allied groups:**
@AmerAcadPeds
@APAPsychiatric
@AmerMedicalAssn
@hospitals4kids
@childmindinst
@CAP_MSR
@JAACAP

**Samples:**

During a children’s mental health crisis, Congress must Support S. 923, Better Mental Health Care for Americans Act from @SenatorBennet and @RonWyden to promote integrated behavioral health into primary care and strengthen mental health parity in Medicaid. #AACAPLC24

Proud to help advance HR 2412, Helping Kids Cope Act by @RepLBP to increase access to behavioral health through primary care.

Ask your members of Congress to support HR 4933/S 462, Mental Health Professionals Workforce Shortage Loan Repayment Act which aims to build the child and adolescent psychiatry workforce. #AACAPLC24

Congratulations to @AACAP’s Congressional Champion Award recipient, @RepKimSchrier, MD, a pediatrician and mental health advocate. Thank you for your continued work on children’s mental health! #AACAPLC24

Thanks to @SenatorBennet for joining @AACAP. We are proud to have you working with us to strengthen mental health parity and expand access to high-quality child and adolescent mental health care. #AACAPLC24

More than 200 @AACAP members are in DC advocating to help advance federal efforts to strengthen mental health parity, promote integrated models of behavioral health care, and build the child and adolescent psychiatry workforce. #AACAPLC24

We are using our expertise as physicians and child mental health advocates to tell our patient’s stories and demand better access to child and adolescent mental health care. #AACAPLC24

Child and adolescent psychiatrists practice in a wide range of settings and engage in multiple areas of employment such as consultants to schools, mental health centers, courts, and the foster care system. #mentalhealth #AACAPLC24

**• Keep It Simple**
**• Use your words wisely**
**• Post a Pic**
**• Use Hashtags**
**• Tag Your Targets**
**• Retweet**

Thank you for attending AACAP 2024 Legislative Conference!