



Social Media Toolkit for Attendees

Official Hashtag: #AACAPLC26

Optional: #MHAM2026 or #MentalHealthAwarenessMonth

Find AACAP: [LinkedIn](#), [X](#), and [Facebook](#)

This toolkit is designed to make sharing your 2026 Legislative Conference experience easy and meaningful, especially if you are new to advocacy. You don't need to be a social media expert to participate. A single photo or short post can meaningfully reinforce our key messages to policymakers.

Why Your Voice Matters:

When child and adolescent psychiatrists share their experiences publicly, it helps policymakers and the broader public understand what children, adolescents, and families need to thrive. Your posts extend advocacy beyond Capitol Hill meetings and help demonstrate the real-world impact of federal policy decisions.

Get Your Phone Ready – Here's What to Capture:

- Your colleagues outside a congressional office
- A group photo (with signage or badges visible if possible)
- A candid moment from a discussion or debrief
- A selfie reflecting on a meaningful meeting or insight

Please ask permission before posting photos of congressional staff, lawmakers, or other attendees. To find the X profile for a Member of Congress, [visit our website](#).

Before the Conference: Build Visibility

Use these posts to let your network know you're participating in our event.

Getting ready to head to Washington, DC for the @AACAP 2026 Legislative Conference. Looking forward to advocating for children's mental health with colleagues from across the country. #AACAPLC26

Proud to join fellow child and adolescent psychiatrists at #AACAPLC26 to advocate for policies that support children, families, and our workforce. #MHAM2026

HOW TO SHARE IN 60 SECONDS

1. Take a photo during or between meetings.
2. Pick one sample post or fill-in template from this toolkit.
3. Tag your Members of Congress (when appropriate).
4. Add #AACAPLC26 and post!

OR...

Repost content from AACAP, adding your voice to the conversation.



During the Conference: Share the Moment

You do not need to post details of every meeting. One meaningful moment or insight is powerful.

Fill-In Template:

Today at #AACAPLC26, I met with [Senator/Representative] to discuss why [issue] matters for the children and families I care for.

Sample Posts

The US is facing a critical shortage of child and adolescent psychiatrists. Today, I am at Capitol Hill to advocate for the children, families & communities we serve. #AACAPLC26

Meaningful conversations today at #AACAPLC26 about the importance of protecting federal agencies like SAMHSA and HRSA. These agencies play a vital role in ensuring access to mental health care for children and adolescents.

At #AACAPLC26, I spoke with lawmakers about protecting children's access to lifesaving mental health medications. Timely access to treatment can save lives.

The 'One Insight' Post

If you're not sure what to say, share one takeaway:

- A question a lawmaker asked that stayed with you
- A moment that made you feel hopeful
- A reminder of why advocacy matters to you as a CAP

Fill-in Template:

One takeaway from #AACAPLC26: [Policymakers want...] These conversations matter.

After the Conference: Extend the Impact

Advocacy continues after meetings end. Consider reflecting on the experience or thanking those you met with.

Grateful for the opportunity to advocate at #AACAPLC26 alongside dedicated colleagues. Still thinking about the many great conversations about children's mental health and access to care.

Thank you to the Members of Congress and staff who took time to meet with @AACAP members during #AACAPLC26. Protecting federal mental health infrastructure is paramount.

Best Practices & Reminders

- Be respectful and professional in tone
- Personal perspectives are encouraged—your voice matters
- Avoid sharing sensitive or confidential information
- Tag AACAP and use #AACAPLC26 so posts can be amplified