My Dream Video: #dreamfwd Social Media Share

Show your support for kids mental health by joining the social media dream chain. Below is the script and two caption options to choose from. Post on your page or in your story + tag @4dreamfwd @p4phealth (@p4prohealth on X). For more information or to make your post official with the **#dreamfwd** close visit **https://p4phealth.org/dreamfwd-share**.

🎬 Dream Script

My dream is [*YOUR DREAM*].
I'm [*YOUR NAME*] [*YOUR CITY, TEAM or SCHOOL*] and I'm in for **Dream Forward** celebrating World Mental Health Day on October 10th.

Short Dream Caption

I'm IN for #dreamfwd! Get in the Game to Celebrate World Mental Health Day
🌐 Sign up at p4phealth.org/dreamfwd
🗓️ October 10
🤍 Presented by Partnership for Proactive Health
Follow @p4phealth @4dreamfwd

#WorldMentalHealthDay #dreamfwd2025 #MentalHealthAwareness #DreamSupportBelieve #KidsMentalHealth #Inspire #Believe

Long Dream Caption

🌱 Someone out there needs to hear your story.
Your dream. Your struggle. The person who helped you move forward.
On October 10, share your Dream Story with kids of all ages showing resilience and support and inviting everyone to share a dream and a person who can help them move forward.

I'm IN for #dreamfwd! Get in the Game to Celebrate World Mental Health Day
🌐 Sign up at p4phealth.org/dreamfwd
🗓️ October 10
🤍 Presented by Partnership for Proactive Health
Follow @p4phealth @4dreamfwd

#WorldMentalHealthDay #dreamfwd2025 #MentalHealthAwareness #DreamSupportBelieve #KidsMentalHealth #Inspire #Believe

Together, we are celebrating World Mental Health Day by showing kids dreams are possible – especially when we believe in each other.