



**TOP 50 INSTAGRAM  
# HASHTAGS**  
*for therapists and counsellors*

AND HOW TO USE THEM



# Why Use Hashtags?

Hashtags are a word preceded by the # symbol. For example **#MentalHealth**. The purpose of the hashtag on Instagram is to group all post together under one topic.

Instagram posts with hashtags included **always** get higher interaction than those without hashtags.

Users of Instagram can search and follow hashtags, so even if they are not following you, they have a chance of seeing your posts in their feed or in the search results based on the hashtags you use.

## How Many Hashtags?

For each post, you can add up to 30 hashtags. You will get more Interaction with 11+ hashtags on each post.

I recommend adding **11 hashtags relevant to your post**. You will then start to see your posts reach a wider audience (scroll down for hashtag inspiration).

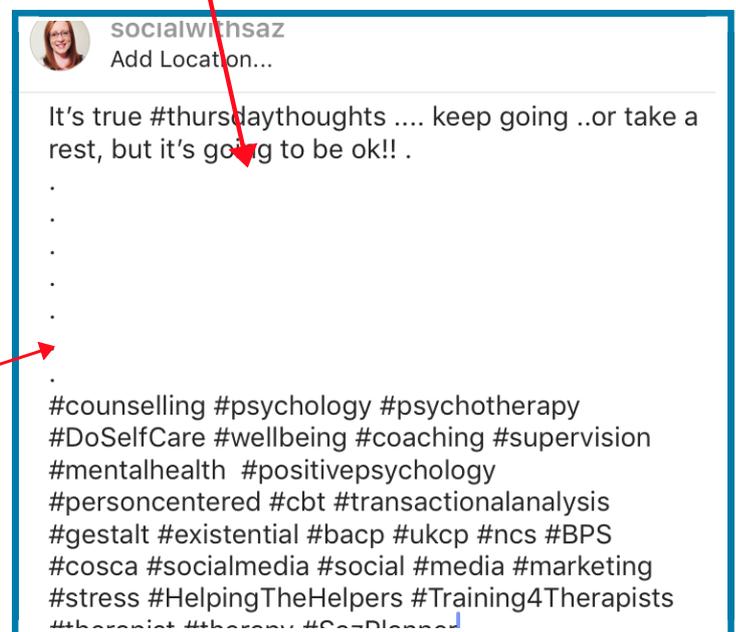
# How to add Hashtags To Your Posts

Add your hashtags when you write the text under your image (this is called your caption).

TO AVOID YOUR POST LOOKING LIKE SPAM with a lot of #Tags, craft your **posts like this:**

**NOTE:** Instagram will not allow you to use the return key to make space between your caption and hashtags.

**So use this technique of using the return key and typing a dot on every line to create the space.**



Your post will look like this the hashags are still there, but will not distract users looking at your post as they scroll through their feed.

# How To Quickly Add Hashtags To Posts

- 1** Create a 'Note' on your phone with a list of hashtags. Then copy and paste these into your post quickly.

**Make your first list relatable to your most common daily posts.**

You can also create a few different lists to reflect different kind of content. For example....a Self Care list of hashtags, a Motivational list of hashtags, a wellness list of hashtags etc.

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- 2** Create 'Keyboard Shortcuts' and add the above lists of hashtags to a keyword.

When you create your post.... you type your **keyword** and your hashtags will appear automatically. (You can delete any that don't fit your post or add more in)

# Hashtag Inspiration

Take time to look through the lists below and note the hashtags you feel are relevant to your posts.

#Counselling

#Therapy

#Stress

#Anxiety

#Motivation

#Psychology

#Psychotherapy

#Wellbeing

#coaching

#Supervision

#PositivePsychology

#TherapistsThoughts

#DoSelfCare

#Quotes

#QuotesToRemember

#MentalHealthSupport

#MentalHealthAwareness

#SelfHelpQuotes

#YOURLOCALAREA

#Happiness

#ChangeYourMindset

#KeepGoing

#IAmTheChange

#DepressionRecovery

#AnxietyRecovery

#Healing

# Hashtag Inspiration

#AnxietyAwareness

#AnxietySupport

#InspiringQuotes

#SelfcareSunday

#SelfCare

#SelfCareFirst

#FeelingGrateful

#ValueYourself

#PositiveSelfTalk

#SelfLove

#Blog

#WellnessBlogger

#BelieveInYou

#SelfCareIsntSelfish

#EmotionalWellbeing

#MentalHealthBlogger

#UniqueYou

#FocusOnThePositive

#BelieveYouCan

#MindsetIsKey

#PositiveThinking

#MentalHealthMatters

#IWillSucceed

#FeelingProudOfMyself

# Hashtag Inspiration

#Mindfulness

#MindfulnessMatters

#EmotionalResilience

#Wellbeing

#KindnessQuotes

#NoJudgement

#CounsellorLife

#PowerfullQuotes

#QuotesOfTheDay

#Parenting

#Wellbeing4you

#OnlineCounselling

#MondayMotivation

#TuesdayTips

#TuesdayThoughts

#WednesdayWellness

#WednesdayWisdom

#ThursdayThoughts

#TherapyThursday

#FridayFeeling

#FunDayFriday

#SelfCareSaturday

#SelfCareSunday

#SundaySelfCare



# Hashtag Inspiration

#LiveInspired

#Recovery

#MindBodySoul

#Growth

#HealthyHappyLife

#Addiction

#WellnessJourney

#Trauma

#NourishYourself

#SelfEsteem

#JustBreathe

#Families

#InspirationDaily

#BodyImage

#Support

#Bullying

#Depression

#EndStigma

#InstaMentalHealth

#CyberBullying

#Instadepression

#CyberTrauma

#InstaStress

#Attitude

# LET'S CONNECT

*I am the Therapist's Social Media Coach*

I would love to connect with you on Instagram .... Use the link below if you would like to connect up too.

Feel free to send me a Direct Message and let me know if you found this helpful or if it has raised more questions for you.



**SocialWithSaz**

