**Suggested social posts:**

Use the following content for Thank You Day (Sunday 17 November).

When posting on your channels please tag us in your posts:

1. Instagram: [@donatelifetoday](https://www.instagram.com/donatelifetoday/)
2. Facebook: [@DonateLifeAustralia](https://www.facebook.com/DonateLifeAustralia/)
3. Twitter: [@DonateLifeToday](https://x.com/DonateLifeToday)
4. LinkedIn: [@organ-and-tissue-authority](https://www.linkedin.com/company/organ-and-tissue-authority/)

**Use the following hashtags & handles:**  
  
#ThankYouDay  
#OrganAndTissueDonation   
  
**Link:**  
  
Add this link to your posts, stories, reels and Instagram bio:  
  
donatelife.gov.au/thankyouday

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**Suggested post #1:**

*Post idea*

Post a photo of yourself making a heart using your hands or use one of our social media tiles on or before Thank You Day.

*Caption*

Sunday 17 November is Thank You Day – a day to reflect and say thank you to the people who make organ and tissue donation possible.

Each year, thousands of lives are transformed through the generosity of organ and tissue donors, and their families.

In Australia, your family is always asked to consent before donation goes ahead. In 2023, 793 families said yes to donation, giving an incredible gift to others during a very difficult time for themselves.

Join me in saying a heartfelt thank you to organ and tissue donors, and their families.

#ThankYouDay #OrganAndTissueDonation

**Suggested post #2 (for recipients):**

*Post idea*

Post a short video of yourself sharing a message of thanks for your donor and their family on Thank You Day

*Post*

As you know, organ and tissue donation is a topic close to my heart. Without it, my life would look very different.

Today is Thank You Day – a day to show gratitude for the generous gift given by organ and tissue donors, and their families.

I think of my donor and their family often, but I wanted to share a special message of thanks today especially.

#ThankYouDay #OrganAndTissueDonation

**Suggested content for newsletters:**

You can use the below information in newsletters in your workplace or community organisation, or use it to create your own post for social media along with our social media tiles.

*Content*

Sunday 17 November is DonateLife Thank You Day – a day to reflect and say thank you to the people who make organ and tissue donation possible.

Each year, thousands of lives are saved and transformed through the generosity of deceased and living organ and tissue donors, and their families.

In Australia, your family is always asked to consent before donation goes ahead. In 2023, 793 families said yes to donation, giving an incredible gift to others during a very difficult time for themselves.

Join us in acknowledging Thank You Day this year. On Sunday 17 November, post a photo or video of yourself making a heart with your hands on social media and share your message of thanks. Don’t forget to tag DonateLife and use the hashtag #ThankYouDay.