



Mental Health 4 All Social Media Sample Posts

Twitter/Facebook Sample Posts:

DOWNLOAD THE TOOLKIT:

- Join @NAMIMaryland and @MDSuicidePrev during #MentalHealthMonth in increasing awareness of how mental health affects everyone. Download the complete toolkit, featuring factsheets with infographics, social media images, and more: <http://bit.ly/mhm52020> #MentalHealth4All #MDMindHealth
- Join @NAMIMaryland and @MDSuicidePrev during Mental Health Month to STOP Stigma against mental health. #MentalHealth4ALL #MDMindHealth
- Celebrate #MentalHealthMonth! Download the toolkit made by @NAMIMaryland and @MDSuicidePrev and share to spread awareness: <http://bit.ly/mhm52020>
- It's #MentalHealthMonth! Download this year's toolkit from @NAMIMaryland and @MDSuicidePrev and share with others to spread awareness about #MentalHealth4All: <http://bit.ly/mhm52020>

FACTS/ LEARN MORE:

- #MentalIllness isn't as rare as many think. In fact, 1 in 5 U.S. adults have experienced mental illness in the last year. Learn more at: <https://nami.org/Learn-More/Mental-Health-Conditions>
- In the United States, 1 in 5 adults will experience a mental illness during their lifetime. Learn More: <https://www.nami.org/Learn-More/Fact-Sheet-Library>. #MentalHealth4All #MDMindHealth
- Early signs of mental illness in children can be difficult to detect. Changes in eating and sleeping habits, and extreme mood swings can be early warning signs. For more information: http://namimd.org/resource_center_draft/populations_served/children_and_adolescents
- Half of all lifetime #mentalhealth conditions begin by age 14, and 75% by age 24. Learn more about children's mental health at: <https://nami.org/Find-Support/Family-Members-and-Caregivers/Learning-to-Help-Your-Child-and-Your-Family>
- Is it stress or something more? #anxietydisorders can have physical symptoms (headaches, stomach aches, twitching) and emotional symptoms (excessive worry, easily startled), Learn More: <http://bit.ly/20NIMHGAD> #MentalHealth4All #MentalHealthMonth
- Many people think of #depression as being sad, but there are many other signs and symptoms. Sadness isn't a symptom for everyone with #depression. Learn more here: <https://www.nimh.nih.gov/health/topics/depression/index.shtml> #MentalHealth4All #MentalHealthMonth
- Did you know that on average it takes 11 years for someone to receive treatment for the mental illness? Learn More: <https://www.nami.org/Learn-More/Fact-Sheet-Library>. #MentalHealth4All #MDMindHealth #MentalHealthMonth
- Depression and anxiety cost the global economy \$1 trillion each year in lost productivity. Learn More: <https://www.nami.org/Learn-More/Fact-Sheet-Library>. #MentalHealth4All #MDMindHealth #MHM2020

- It is estimated that a single suicide affects 115 people. The loss of a loved one by suicide is often shocking, painful and unexpected. Shame and Stigma can prevent those that grieving from reaching out for support. #MHM2020 #MentalHealth4All
- Knowing the warning signs of #mentalillness can help let you know if you need to speak to a professional. Getting an accurate diagnosis is the first step in a treatment plan. Learn about common warning signs here: <https://www.nami.org/Learn-More/Know-the-Warning-Signs> #MHM2020

FINDING HELP:

- Treatment choices for [#mentalillness](#) vary from person to person. Even people with the same diagnosis will have different needs. There is no “one size fits all” treatment. Learn more about treatment options at: <https://www.nami.org/learn-more/treatment> #MHM2020
- Did you know that creative activities can relieve stress, help communication, and delay cognitive decline in older adults? Find your creative side through art, music, poetry, or theater. #MentalHealth4All #MDMindHealth
- How can you take charge of your mental health? The first step is getting an appointment with your doctor or specialist. Learn more: <https://www.nami.org/Learn-More/Fact-Sheet-Library>. #MentalHealth4All
- Need help finding local behavioral health treatment options? Use the treatment locator by SAMHSA: <https://findtreatment.samhsa.gov/>
- At least 8.4 million Americans provide care to an adult with an emotional or mental illness. To find family support in Maryland visit: http://namimd.org/family_friend_support or contact your local NAMI affiliate!

TAKE THE CHALLENGE:

- Be attentive to your mental and emotional wellness in celebration of Mental Health Month 2020! #MentalHealth4All #MDMindHealth
- Each year, NAMI MD fights stigma, provides support, educates the public, and advocates for equal care. Take action and raise awareness of #mentalhealth conditions to improve the chance of recovery. Learn how to make a difference at: <https://www.nami.org/Get-Involved>
- Take Part in our Challenge Calendar as you are challenged to learn more about mental illness and stigma. #MentalHealth4All #MDMindHealth
- STOP Stigma! The language we use when talking about #mentalhealth and #suicide can contribute to the existing stigma around these issues. #MentalHealth4All #MDMindHealth
- Wear Green to support Mental Health Awareness on Wednesday May 27th! Be sure to tag @NAMIMaryland and @MDSuicidePrev #MentalHealth4All #MDMindHealth
- Share your feelings using Sentimoji™! Download now on Google Play or Apple. #MentalHealth4All #MDMindHealth <https://www.nami.org/sentimoji>
- Walk for #MentalHealth in 2020! Participate in NAMI’s largest mental health and fundraising event, taking place in 120 locations across the country. Join NAMIWalks Maryland on June 7th and Walk with Us: <http://namiwalks.org/maryland> #MHM2020 #Act4MentalHealth

Be Sure to Use the Hashtags:

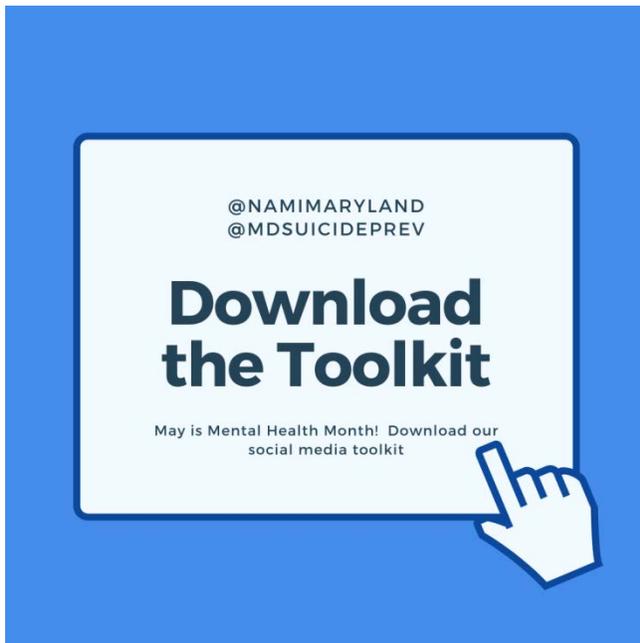
#MentalHealth4All

#MDMindHealth

#MHM2020

#MentalHealthMonth

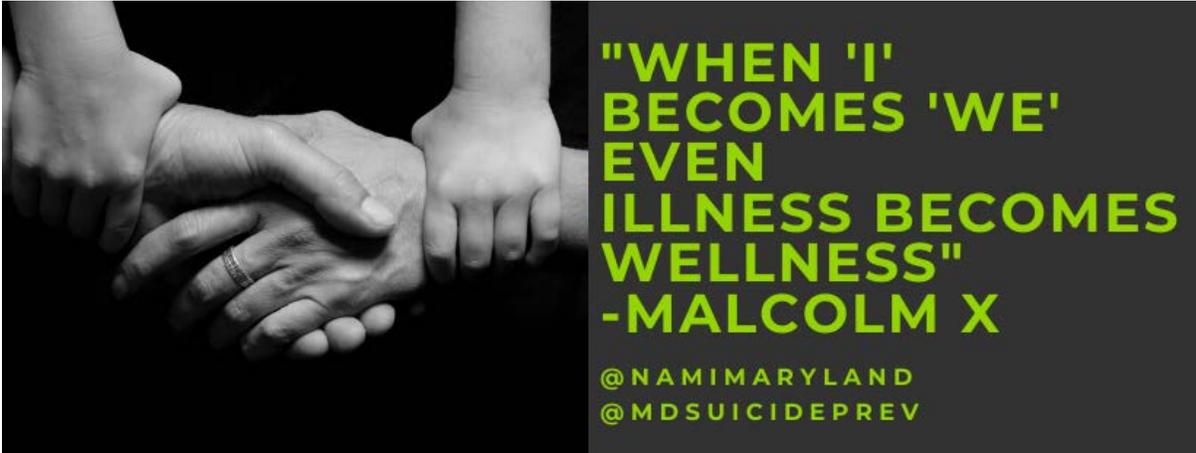
MENTAL HEALTH AWARENESS/ DOWNLOAD THE TOOLKIT:



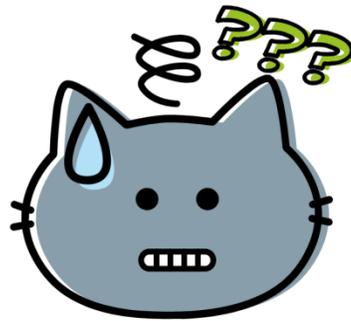
MENTAL HEALTH AWARENESS



Show Your Support in May.
@namimaryland
@MDSuicidePrev



DO YOU KNOW THE WARNING SIGNS?



Mental Health Awareness Month
@namimaryland
@MDSuicidePrev

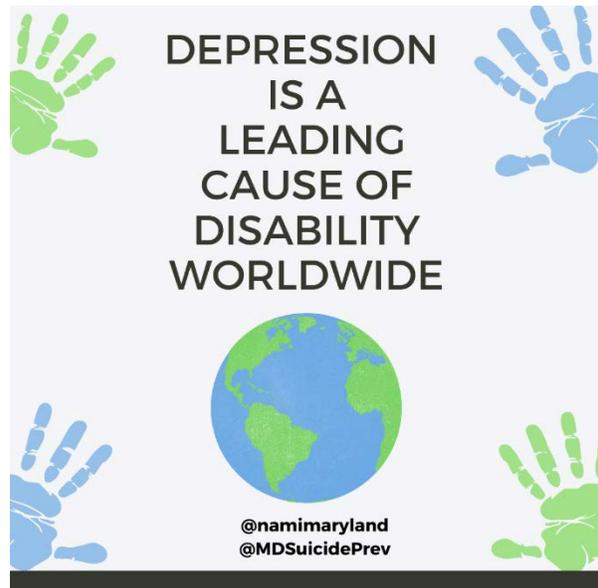


DID YOU KNOW:
50% of all lifetime mental illnesses develop by age

14



Mental Health Awareness
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Mental health is just as important as physical health.



May is Mental Health Awareness Month

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Use STOP to recognize mental health stigma.

Does the attitude or action:

- S- Stereotype?
- T- Trivialize?
- O- Offend?
- P- Patronize?

@namimaryland
@MDSuicidePrev



MAY 27th



Wear Green in support of Mental Health Awareness!

Share your photos with:
@namimaryland
@MDSuicidePrev

Take The Pledge

- I PLEDGE TO BE OPEN BY LEARNING MORE ABOUT MENTAL ILLNESS.
- I PLEDGE TO BE AWARE OF THE LANGUAGE I USE AND CORRECT SOMEONE WHEN I HEAR THEM USING STIGMATIZING LANGUAGE.
- I PLEDGE TO EDUCATE OTHERS WHEN I SEE SOMEONE USING MISLEADING STEREOTYPES.
- I PLEDGE TO NEVER FORGET TO SEE PEOPLE FOR WHO THEY ARE, NOT FOR HOW THEY ACT DURING THEIR DARKEST DAYS.
- I PLEDGE TO ENCOURAGE ACCEPTANCE, UNDERSTANDING AND TURNING MENTAL (I)LLNESS INTO MENTAL (WE)LLNESS.

FIND THE PLEDGE IN THE MENTAL HEALTH AWARENESS MONTH TOOLKIT BY:
@NAMIMARYLAND
@MDSUICIDEPREV

1 in 5 Adults

experience mental illness each year in the U.S.

1 in 6 Youth

aged 6-17 experience a mental health disorder each year in the U.S.

Walk with us

to raise awareness and funds that support free, top-rated programs and services for our community.