

SOCIAL POST TEXT

TOOLKIT:

This #MentalHealthMonth, we invite you to learn #WhereToStart when it comes to taking care of your mental health. Download the toolkit: mhanational.org/may

Download Mental Health America's #MentalHealthMonth toolkit to learn about how modern life and our changing world affect mental health: mhanational.org/may #WhereToStart

GENERAL:

While society is getting more comfortable discussing mental health, it can still be hard to know #WhereToStart when it comes to taking care of ourselves. ❤️ Learn more with Mental Health America's #MentalHealthMonth resources: mhanational.org/may

It's ALWAYS a good time to start working on your mental health. 📖 Learn more about #WhereToStart here: mhanational.org/may #MentalHealthMonth

Knowing when to turn to friends, family, and coworkers when you're struggling with life's challenges can help improve your mental health. MHA's #MentalHealthMonth resources are here for when you need help figuring out #WhereToStart: mhanational.org/may

Want to know #WhereToStart with mental health advocacy? There are things *everyone* can do to improve the way mental health conditions are perceived and treated. Learn more: mhanational.org/may #MentalHealthMonth

FACTORS:

To understand how our world affects our #mentalhealth, it's important to learn which factors are at play. These range from things we CAN change (screen time 📱 relationships) and things we CAN'T change (access to resources 🏠 current events 🌪️). Learn more at mhanational.org/may #MentalHealthMonth #WhereToStart

Current events, loneliness, technology, and social drivers are the top four things affecting everyone's mental health today. This #MentalHealthMonth, we encourage you to check out MHA's free mental health resources to help you improve your mental health. Learn more at mhanational.org/may ❤️ #WhereToStart

A 2022 study found that 73% of American adults reported being overwhelmed by the number of crises going on in the world. The good news? Taking action and advocating for causes you care about can be therapeutic in its own way. Learn more with Mental Health America's #MentalHealthMonth resources: mhanational.org/may #WhereToStart

Having the internet at your fingertips can be a gift - you're probably reading this on your phone or computer right now! But it's not without its downfalls. Social media can cause FOMO, depression, & reduced self-esteem. This #MentalHealthMonth, try taking screen breaks when it starts to feel like too much. ❤️ mhanational.org/may

Did you know where you live, work, learn, and play (AKA social drivers of health) can affect your mental health? These include access to resources, your neighborhood, economic status, and community. Learn more about their effects on MHA's #MentalHealthMonth resource page: mhanational.org/may #WhereToStart

TIPS:

Here are 5 things you can do for your #mentalhealth this week:

1. Make a list of 5 things you're grateful for today.
2. Practice positive affirmations.
3. Start a conversation about mental health.
4. Stay hydrated!
5. Take a break from screens.

#MentalHealthMonth #WhereToStart

What can we do when it feels like the world is weighing on us? For starters, we can find a support system, set boundaries with technology, get involved in advocacy, and learn healthy coping skills! Find more tools 🛠️ to get you started here: mhanational.org/may #WhereToStart

Everyone goes through rough periods, so it's important to take care of yourself and have healthy coping tools on standby to use when times get tough. This #MentalHealthMonth, start building your coping toolbox 🛠️ using MHA's #WhereToStart resources: mhanational.org/may

What do you say when you're not feeling "fine"? Here are a few alternatives:

"I'm actually going through some stuff."

"Today is not my day."

"I'm feeling some kind of way."

Get more help navigating tough conversations on MHA's #MentalHealthMonth page: mhanational.org/may

SCREENING:

Life can be challenging, and sometimes it's hard to know #WhereToStart when you're experiencing symptoms of a mental health condition. You don't have to start alone: take a free mental health test at mhascreening.org 📄 #MentalHealthMonth

Taking a mental health test is one of the easiest ways to start working on your mental health. Get screened at mhascreening.org 📄 #MentalHealthMonth #WhereToStart

Seeking professional help for your mental health is a sign of strength. If you're struggling to figure out #WhereToStart, Mental Health America's free, anonymous mental health screen is here to help. After you take the test, you'll receive resources to help you take the next step. Take a free mental health test at mhascreening.org 📄 #MentalHealthMonth

CRISIS:

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat at 988lifeline.org. You can also reach the Crisis Text Line by texting HELLO to 741741.

Hashtags:

#WhereToStart





#MentalHealthMonth


Links:


mhanational.org/may

mhascreening.org

DON'T FORGET TO TAG US!

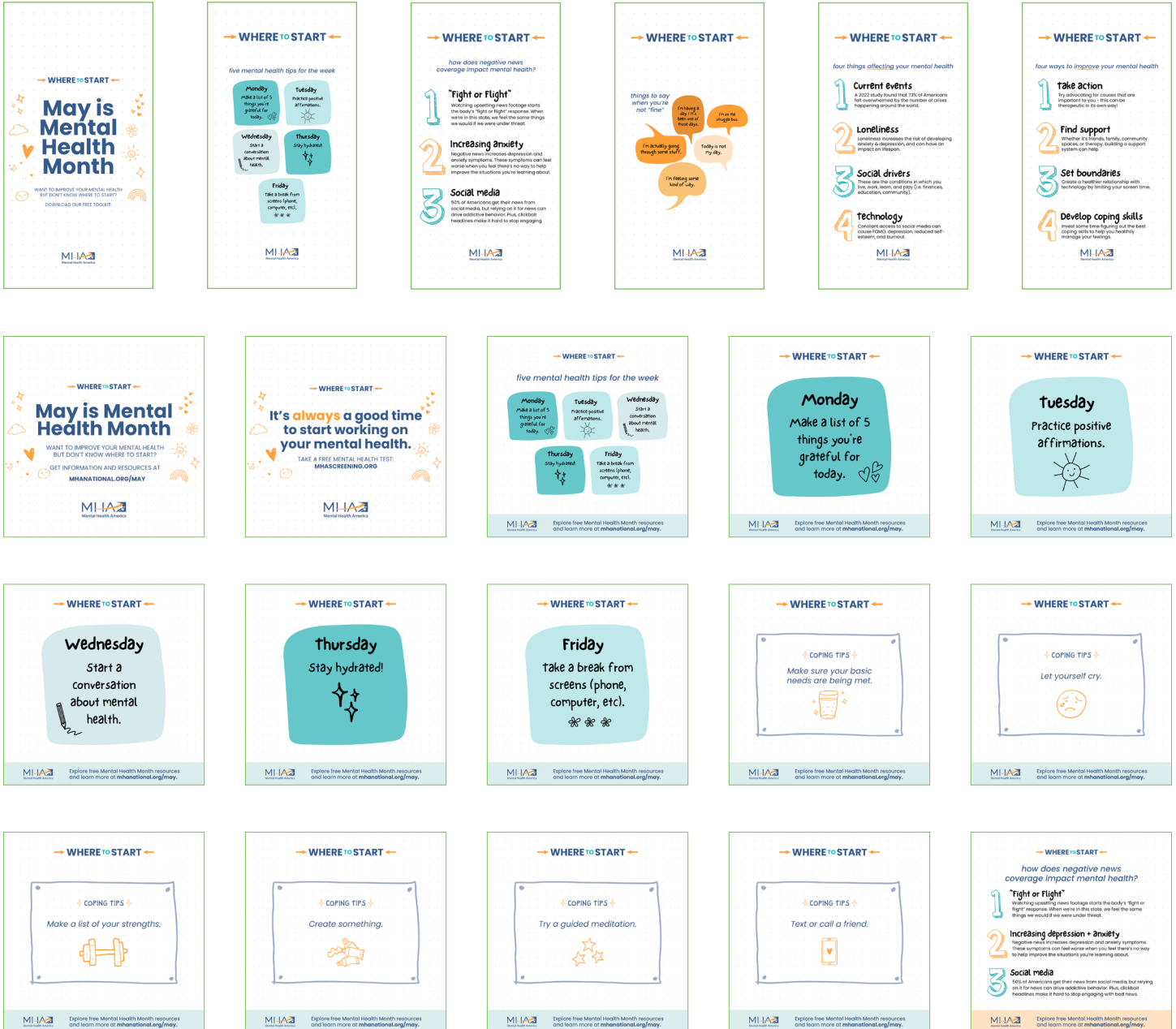
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SOCIAL MEDIA IMAGES

Download and save the images below for use on your social media platforms or websites by visiting mhanational.org/mental-health-month/2024-toolkit-download and downloading the images zip file, or going to mhanational.org/mental-health-month/graphics-shareables.



Additional images are available on our website!