

## Mental Health Month on Social Media

Hashtags help link up ideas, draw in readers, and continue the conversation. Whether you're using a social media post from this toolkit or creating your own, be sure to use the following hashtags to make your voice heard during Mental Health Month.

#MindYourBody  
#MentalHealthMonth  
#CureStigma

**Use these sample social media posts to raise awareness about mental health and promote healthy choices for body and mind. Consider using these posts in conjunction with the infographics in Beacon's 2018 Mental Health Month toolkit.**

### Facebook/LinkedIn

Your mental and physical health are intrinsically connected. When one isn't working at full capacity, the other is affected. Think of them like the registers on the dashboard of a car - keeping an eye on your mind and body's gauges ensure your engine is running smoothly. #MindYourBody #MentalHealthMonth

A healthy diet does more than just keep your body healthy – it keeps your mind healthy, too. #MindYourBody and combat depression by packing your diet with nutrient-dense foods. #MentalHealthMonth

Physical activity is shown to improve mood, ease anxiety, and reduce the risk of developing substance use disorders, even in small doses. #MindYourBody and get moving! #MentalHealthMonth

Stress can't always be avoided, but it can be managed before it becomes a bigger issue. How do you cope with daily stress? #MindYourBody #MentalHealthMonth

Productive and plentiful sleep is integral to mental wellness. #MindYourBody by making sleep a priority. #MentalHealthMonth

Mental wellness isn't just in the mind. Diet and nutrition, sleep, stress, and exercise all work together to keep you in good mental health. In honor of #MentalHealthMonth, join me in raising awareness about #mentalhealth by promoting ways to #MindYourBody. **[Link to Beacon's external website]**  
<https://www.beaconhealthoptions.com/beacons-mental-health-month-toolkit>

For #MentalHealthMonth, I'm pledging to start a conversation with my **[family / friends / neighbors / class / patients / clients / employees / representatives]** about #mentalhealth. Help me #CureStigma by taking a pledge of your own.

May 13 – 19 is National Prevention Week, and this year, SAMHSA is issuing a #DearFutureMe challenge. Write a letter to your future self about all the ways you #MindYourBody today for a healthier tomorrow, and consider



sharing it with your friends and family. #MentalHealthMonth [[Link to SAMHSA's #DearFutureMe page](https://www.samhsa.gov/prevention-week/prevention-challenge)]  
<https://www.samhsa.gov/prevention-week/prevention-challenge>

The relationship between medical and mental health conditions isn't the exception—it's the rule. Living with one condition puts you at a higher risk for the other. In honor of #MentalHealthMonth, I'm committing to making positive changes to break the cycle. How will you #MindYourBody this month?

One in four adults live with a mental health disorder. Think you might be one of them? Check out Mental Health America's free and confidential screening tools for nine common disorders. Mental illness is real, and recovery is possible. #CureStigma #MentalHealthMonth [[Link to MHA's screening tools](http://screening.mentalhealthamerica.net/screening-tools)]  
<http://screening.mentalhealthamerica.net/screening-tools>

## Twitter

Your mental and physical health are connected. When one isn't working at full capacity, the other is affected. Like the registers on the dashboard of a car, keeping an eye on your mind and body's gauges ensures your engine is running smoothly. #MindYourBody #MentalHealthMonth

A healthy diet does more than just keep your body healthy – it keeps your mind healthy, too. #MindYourBody and combat depression by packing your diet with nutrient-dense foods. #MentalHealthMonth

Physical activity is shown to improve mood, ease anxiety, and reduce the risk of developing substance use disorders, even in small doses. #MindYourBody and get moving! #MentalHealthMonth

Stress can't always be avoided, but it can be managed before it becomes a bigger issue. How do you cope with daily stress? #MindYourBody #MentalHealthMonth

Productive and plentiful sleep is integral to mental wellness. #MindYourBody by making sleep a priority. #MentalHealthMonth

Diet and nutrition, sleep, stress, and exercise all work together to keep you in good physical and #mentalhealth. Join me in raising #MentalHealthAwareness by promoting ways to #MindYourBody. #MentalHealthMonth [[Link to Beacon's external website](https://www.beaconhealthoptions.com/beacons-mental-health-month-toolkit)] <https://www.beaconhealthoptions.com/beacons-mental-health-month-toolkit>

For #MentalHealthMonth, I'm pledging to start a conversation with my **[family / friends / neighbors / class / patients / clients / employees / representatives]** about #mentalhealth. Help me #CureStigma by taking a pledge of your own.

May 13 – 19 is National Prevention Week. Write a letter to your future self about all the ways you #MindYourBody today for a healthier tomorrow, and consider sharing it with your friends and family. #DearFutureMe #MentalHealthMonth <https://www.samhsa.gov/prevention-week/prevention-challenge>

The relationship between medical and mental health conditions isn't the exception—it's the rule. Having one puts you at a higher risk for the other. In honor of #MentalHealthMonth, I'm making positive changes to break the cycle. How will you #MindYourBody this month?

1 in 4 adults live with a mental health disorder. Think you might be one of them? Check out Mental Health America's free and confidential screening tools for nine common disorders. #CureStigma #MentalHealthMonth <http://screening.mentalhealthamerica.net/screening-tools>

