

SAMPLE SOCIAL MEDIA POSTS

Hashtags: #together4mentalhealth, #FamilyCaregiversMonth

- November is #FamilyCaregiversMonth! Mental Health America developed a toolkit to help caregivers strengthen relationships with their loved ones with mental illness through materials that educate and empower. Learn more: [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver) #together4mentalhealth
- November is #FamilyCaregiversMonth! In the US, over 65 million unpaid #caregivers support a loved one who is disabled, ill, or aged – including those with #mentalhealth conditions. Working #together4mentalhealth is critical in the recovery journey. Learn more: [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver)
- With the right tools and perspectives, caregivers and their loved ones can work #together4mentalhealth as a team to accomplish goals, find a treatment plan that works and be prepared for a crisis. Learn more this November for #FamilyCaregiversMonth: [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver)
- Having a plan can help a caregiver set their loved one up to thrive throughout the #recovery process - and can ensure that their voice is heard in the event of a crisis. Learn how to work #together4mentalhealth with our new #caregivers toolkit: [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver) #FamilyCaregiversMonth
- Learn more about working #together4mentalhealth for #FamilyCaregiversMonth: [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver)
- People with mental illnesses should have a voice in their own #recovery. Caregivers should ask what they want and need and include them in decisions being made. Learn more about how you can work #together4mentalhealth with our new toolkit!: [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver) #FamilyCaregiversMonth
- What is HIPAA and what should caregivers of individuals with mental health conditions know about their rights? Learn more in our #caregivers toolkit: [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver) #FamilyCaregiversMonth #together4mentalhealth
- “What if I think my loved one is incapable of making health decisions?” For #FamilyCaregiversMonth, we go over questions from #caregivers like this and more in our newest toolkit. Learn more and download the toolkit at [\[bit.ly/mhcaregiver\]](https://bit.ly/mhcaregiver) #together4mentalhealth

IMAGES

Download and save the images provided for use on your social media platforms or websites. All images can be downloaded by visiting <https://mhanational.org/download-2019-family-caregivers-toolkit>, then right-clicking on the image and selecting "Save image as."

