Mental Illness Awareness Week 2022 Social Media Posts

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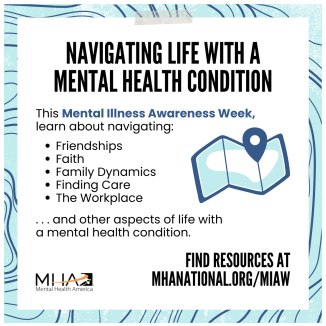
Sunday, October 2		Mental health conditions come with unique challenges that intersect with every part of life. That's why this year for Mental Illness Awareness Week (#MIAW), @Mental Health America is mapping out tips to help you navigate life's many intersections. Find resources every day this week: mhanational.org/MIAW	Mental health conditions come with challenges that intersect with every part of life. That's why for Mental Illness Awareness Week (#MIAW), @MentalHealthAm is mapping out tips to help you navigate life's intersections. Find resources every day this week: mhanational.org/MIAW	Mental health conditions come with unique challenges that intersect with every part of life. That's why this year for Mental Illness Awareness Week (#MIAW), @mentalhealthamerica is mapping out tips to help you navigate life's many intersections. Find resources every day this week: mhanational.org/MIAW

Monday, October 3 **Friendships**		Friendships are an important part of wellness. But making friends—and maintaining those relationships—can be a lot of work, especially if you have a mental health condition. This Mental Illness Awareness Week (#MIAW), learn more from @Mental Health America about navigating friendships and social life with mental health condition: mhanational.org/MIAW	Friendships are an important part of wellness. But making friends can be a lot of work, especially if you have a mental health condition. This Mental Illness Awareness Week (#MIAW), learn more from @MentalHealthAm about navigating friendships/social life: mhanational.org/MIAW	Friendships are an important part of wellness. But making friends—and maintaining those relationships—can be a lot of work, especially if you have a mental health condition. This Mental Illness Awareness Week (#MIAW), learn more from @mentalhealthamerica about navigating friendships and social life with a mental health condition: mhanational.org/MIAW
Tuesday, October 4 **Faith**		Not everyone integrates faith into their lives, but roughly half of Americans identify as religious and 75% consider themselves spiritual. This Mental Illness Awareness Week (#MIAW), learn more from @Mental Health America about navigating faith with a mental health condition: mhanational.org/MIAW	Not everyone integrates faith into their lives, but roughly half of Americans identify as religious and 75% are spiritual. This Mental Illness Awareness Week (#MIAW), learn more from @MentalHealthAm about navigating faith with a mental health condition: mhanational.org/MIAW	Not everyone integrates faith into their lives, but roughly half of Americans identify as religious and 75% consider themselves spiritual. This Mental Illness Awareness Week (#MIAW), learn more from @mentalhealthamerica about navigating faith with a mental health condition:

				mhanational.org/MIAW
Wednesday, October 5 **Family Dynamics**		You might think your family just doesn't "get it"—and they probably don't. The experience of having a mental health condition is unique, and your family members might be unsure of how to support you. This Mental Illness Awareness Week (#MIAW), learn more from @Mental Health America about navigating family dynamics with a mental health condition: mhanational.org/MIAW	The experience of having a mental health condition is unique, and your family members might be unsure of how to support you. This Mental Illness Awareness Week (#MIAW), learn more from @MentalHealthAm about navigating family dynamics and mental health: mhanational.org/MIAW	You might think your family just doesn't "get it"—and they probably don't. The experience of having a mental health condition is unique, and your family members might be unsure of how to support you. This Mental Illness Awareness Week (#MIAW), learn more from @mentalhealthamerica about navigating family dynamics with a mental health condition: mhanational.org/MIAW
Thursday, October 6 **Finding Care**		Taking care of your mental health is essential for everyone, especially people living with mental health conditions. Your treatment plan is unique to you—there's no one-size-fits-all type of care. This Mental Illness Awareness Week (#MIAW), learn more from @Mental	Taking care of your mental health is essential. Your treatment plan is unique to you—there's no one-size-fits-all type of care. This Mental Illness Awareness Week (#MIAW), learn more from @MentalHealthAm about finding care that meets your needs: mhanational.org/MIAW	Taking care of your mental health is essential for everyone, especially people living with mental health conditions. Your treatment plan is unique to you—there's no one-size-fits-all type of care. This Mental Illness Awareness Week (#MIAW), learn more

		Health America about finding care that meets your needs: mhanational.org/MIAW		from @mentalhealthamerica about finding care that meets your needs: mhanational.org/MIAW
Friday, October 7 **The Workplace**		The workplace can be full of challenges for anyone, but especially for employees dealing with a mental health condition. This Mental Illness Awareness Week (#MIAW), learn more from @Mental Health America about protecting yourself and your mental health at work: mhanational.org/MIAW	The workplace can be full of challenges for anyone, but especially for employees dealing with a mental health condition. This Mental Illness Awareness Week (#MIAW), learn more from @MentalHealthAm about protecting yourself and your mental health at work: mhanational.org/MIAW	The workplace can be full of challenges for anyone, but especially for employees dealing with a mental health condition. This Mental Illness Awareness Week (#MIAW), learn more from @mentalhealthamerica about protecting yourself and your mental health at work: mhanational.org/MIAW
Saturday, October 8 **Identity**		Living with a mental health condition can put stress on certain aspects of your identity, and making room for both in your life can be a tough balancing act. This Mental Illness Awareness Week (#MIAW), learn more from @Mental Health America about navigating identity with a mental health condition:	Living with a mental health condition can put stress on aspects of your identity, and making room for both can be a tough balancing act. This Mental Illness Awareness Week (#MIAW), learn more from @MentalHealthAm about navigating identity & mental health: mhanational.org/MIAW	Living with a mental health condition can put stress on certain aspects of your identity, and making room for both in your life can be a tough balancing act. This Mental Illness Awareness Week (#MIAW), learn more from @mentalhealthamerica

		mhanational.org/MIAW		about navigating identity with a mental health condition: mhanational.org/MIAW
Sunday, October 9 **Dating**		Dating comes with a lot of ups and downs—it can be hard for anyone to stay hopeful and confident. Your mental health condition might make some of the more challenging parts of dating even harder, but not impossible. This Mental Illness Awareness Week (#MIAW), learn more from @Mental Health America about healthy dating and intimacy: mhanational.org/MIAW	Dating comes with a lot of ups and downs—it can be hard for anyone. Your mental health condition might make dating even harder, but not impossible. This Mental Illness Awareness Week (#MIAW), learn more from @MentalHealthAm about healthy dating/intimacy: mhanational.org/MIAW	Dating comes with a lot of ups and downs—it can be hard for anyone to stay hopeful and confident. Your mental health condition might make some of the more challenging parts of dating even harder, but not impossible. This Mental Illness Awareness Week (#MIAW), learn more from @mentalhealthamerica about healthy dating and intimacy: mhanational.org/MIAW