

# SAMPLE SOCIAL MEDIA MESSAGES



## TOOLKIT

- This year, Mental Health America's #BIPOCMentalHealth campaign is all about the power of culture, community, and connection for Black, Indigenous, and People of Color (BIPOC). Learn more: [mhanational.org/july](https://mhanational.org/july)
- July is #BebeMooreCampbell National Minority #MentalHealth Awareness Month. Learn more and find resources from Mental Health America: [mhanational.org/july](https://mhanational.org/july)
- Throughout history, BIPOC communities have carved out systems of support in order to sustain collective #wellbeing. Learn more about #BIPOCMentalHealth and find resources: [mhanational.org/july](https://mhanational.org/july)
- Historically, the narrative around #BIPOCMentalHealth has been defined by trauma, disparities, and oppression. Join Mental Health America in changing the narrative to one centered on culture, community, and connection: [mhanational.org/july](https://mhanational.org/july)
- Culture, community, and connection are pillars that support and uplift BIPOC communities facing oppression and systemic racism. Learn more in Mental Health America's #BIPOCMentalHealth Toolkit: [mhanational.org/july](https://mhanational.org/july)

## SCREENING

- When we reach out for help, we begin to heal ourselves AND our communities. Take a free #mentalhealth test at [mhascreening.org](https://mhascreening.org). #BIPOCMentalHealth
- Taking a mental health test is one of the easiest ways to check in on your #mentalhealth. Get screened at [mhascreening.org](https://mhascreening.org). #BIPOCMentalHealth

## CRISIS

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org). You can also reach Crisis Text Line by texting MHA to 741741.

## HASHTAGS

- #BIPOCMentalHealth
- #BebeMooreCampbell

## LINKS

- [mhanational.org/july](https://mhanational.org/july)
- [mhascreening.org](https://mhascreening.org)

# SHAREABLE SOCIAL MEDIA IMAGES



To download these images, please visit [mhanational.org/bipoc/mental-health-month-toolkit](https://mhanational.org/bipoc/mental-health-month-toolkit).

