

SOCIAL MEDIA MESSAGES & IMAGES



All of the following sample messages are under the 280-character limit for X.

MHA Resources

- July is Bebe Moore Campbell National Minority Mental Health Awareness Month. Learn more about BIPOC mental health at mhanational.org/july.
- Download Mental Health America's #BIPOCMentalHealth toolkit to learn about mental health in BIPOC communities: mhanational.org/july.
- The 2024 #BIPOCMentalHealth Toolkit is now available! Celebrate Bebe Moore Campbell National Minority Mental Health Awareness Month by downloading your free copy at mhanational.org/july.
- Looking for #BIPOCMentalHealth resources? Check out Mental Health America's BIPOC Mental Health Resource Center at mhanational.org/bipoc.

Bebe Moore Campbell

- This July, join us in honoring the memory of Bebe Moore Campbell, an American author, journalist, teacher, and mental health advocate who worked to shed light on the mental health needs of the Black community and other underrepresented communities. mhanational.org/bebemoorescampbell.

Stigma, Myths, and Generational Wisdom

- Expressing your feelings and needing help is not a sign of weakness – it's a sign of strength. Learn more about stigma and mental health myths in the BIPOC community at mhanational.org/july.
- Myth: Mental illness is a white people problem.
Reality: We ALL have mental health and deserve proper care.
Learn more about BIPOC mental health at mhanational.org/bipoc.
- Stigma feeds on silence. In honor of Bebe Moore Campbell National Minority Mental Health Awareness Month, Mental Health America has tools to help you break down stigma around #mentalhealth in BIPOC communities. Learn more at mhanational.org/july.
- Storytelling is one of the most effective ways to fight mental health stigma in BIPOC communities. When people who live with a mental health condition share their stories, it can help others feel less alone and reduce shame. #BIPOCMentalHealth
- Different generations in #BIPOC communities may face unique mental health challenges, but all age groups have unique wisdom to share. Learn more about sharing generational wisdom at mhanational.org/july. #BIPOCMentalHealth

Screening

- The first step in navigating your wellness journey is to check in on yourself. Take a free #mentalhealth test at 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. #BIPOCMentalHealth

Crisis

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

Hashtags

- #BIPOCMentalHealth
- #BebeMooreCampbell

Links

- mhanational.org/july or mhanational.org/bipoc/mental-health-month
- mhanational.org/bipoc
- mhascreening.org

To download these images, please visit mhanational.org/bipoc/mental-health-month-toolkit.

