

SOCIAL POSTS

DOWNLOAD THE TOOLKIT:

- May is #MentalHealthMonth! This year's theme, #Tools2Thrive, explores practical tools that everyone can use to improve their #mentalhealth and increase resiliency. Learn more and download the free #mentalhealthmonth toolkit at mhanational.org/may. #mhm20
- It's #MentalHealthMonth and we're sharing #Tools2Thrive – different tools that can help everyone make small changes that have a big impact on your #mentalhealth. Want to learn more and download the free #Tools2Thrive toolkit? Visit mhanational.org/may. #mhm20
- This year's #MentalHealthMonth explores practical tools that everyone can use to improve their #mentalhealth and increase resiliency regardless of the situations they are dealing with. Download the free #Tools2Thrive toolkit at mhanational.org/may. #mhm20
- You can be supportive of those who are struggling with life's challenges and their mental health. The #Tools2Thrive toolkit created for #MentalHealthMonth includes practical tools that everyone can use. Download the toolkit at mhanational.org/may. #mhm20

FACTS/LEARN MORE:

- What do these things have in common?
 - Owning your feelings
 - Finding the positive
 - Connecting with others
 - Eliminating toxic influences
 - Creating healthy routines

They're all #Tools2Thrive that support strong #mentalhealth. Learn more at mhanational.org/may. #mhm20

- Living a healthy lifestyle isn't easy but can be achieved by gradually making small changes and building on those successes. This year's #MentalHealthMonth theme, #Tools2Thrive, explores different small changes that have a big impact. Learn more at mhanational.org/may. #mhm20
- Getting screened for #mentalhealth issues is one of many #Tools2Thrive. Screening helps catch problems early - before a crisis. Join our #MillionInMay campaign by taking a #mentalhealth screen at mhascreening.org to normalize this important preventative measure. #mhm20
- There are simple things that every person can say or do to help those who are struggling through tough times. The #Tools2Thrive toolkit explores small changes we can make that have a big impact. To learn more and download the free toolkit, visit mhanational.org/may. #mhm20
- Most people don't think about taking the time to identify their feelings, but it can help to better cope with challenging situations. Learn more about #tools2thrive with mental health challenges for #MentalHealthMonth at mhanational.org/may. #mhm20
- Finding the positives in life doesn't mean ignoring the negative. Practicing gratitude can train your brain to look for good things that are happening, which helps to recover mentally and emotionally. Learn more #tools2thrive at mhanational.org/may. #mhm20 #MentalHealthMonth
- Being lonely causes the same amount of damage to your lifespan as smoking 15 cigarettes a day and is more dangerous to health than obesity. It's hard to know how to make connections, but you can learn how using #tools2thrive: mhanational.org/may. #mentalhealthmonth #mhm20

- Identifying toxic influences in our lives and taking steps to create a new life without them can improve mental and physical health over time. Learn more at mhanational.org/may. #mentalhealthmonth #mhm20 #tools2thrive
- Routines help organize our days into patterns and make it easier to get things done without having to think hard about them. Explore how you can create a healthy routine this #mentalhealthmonth using #tools2thrive: mhanational.org/may. #mhm20
- 1 in 5 people will experience a #mentalhealth condition, yet everyone experiences challenging times that affect their mental health. There are #tools2thrive that every person can use to help those who are struggling. Learn more: mhanational.org/may. #mentalhealthmonth #mhm20

OUR CAMPAIGN TO GET A MILLION SCREENS IN MAY:

- Screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a #mentalhealth condition. Join our #MillionInMay campaign by taking a screen at mhascreening.org to help promote prevention, early identification and intervention this #MentalHealthMonth. #mhm20
- Screening helps catch #mentalhealth problems early – before a crisis. For #mentalhealthmonth, we're encouraging you to get screened at MHAscreening.org for our #MillionInMay campaign. Make screening for mental health as normal as screening for cancer. #mhm20 #b4stage4
- It should be as normal to take a #mentalhealth screen as it is to screen for other chronic health conditions like heart disease or diabetes. Help us normalize mental health screening by taking a screen at MHAscreening.org for #mentalhealthmonth. #mhm20 #MillionInMay
- We're aiming for 1 million #mentalhealth screens at MHAscreening.org for #mentalhealthmonth! Take a screen and help us normalize this preventative measure for mental health conditions. #mentalhealthmatters #mhm20 #MillionInMay
- Taking a #mentalhealth screen at mhascreening.org is a quick, free, and private way to assess your mental health and recognize signs of any problems. Join our #MillionInMay campaign for #mentalhealthmonth by taking a screen. #mhm20

HASHTAGS:

- #tools2thrive
- #MillionInMay
- #mentalhealthmonth
- #mhm20

LINKS:

- www.mhascreening.org
- www.mhanational.org/may

IMAGES

Download and save the images provided for use on your social media platforms or websites. All images can be accessed by visiting <https://mhanational.org/mental-health-month-2020-toolkit-download> and downloading the images zip file.

Calls to Action



Horizontal Banners



Facebook Cover and Twitter Headers



Vertical Banners



Shareables (for all social media platforms)

DOWNLOAD THE 2020 MENTAL HEALTH MONTH TOOLKIT AT MhNational.org/May



THE 2020 MENTAL HEALTH MONTH TOOLKIT IS NOW AVAILABLE!



8 TIPS FOR FORMING MEANINGFUL CONNECTIONS



TOOLS 2 THRIVE

7 TIPS FOR FINDING THE POSITIVE



TOOLS 2 THRIVE

9 WAYS TO SUCCESSFULLY CREATE A HEALTHY ROUTINE



TOOLS 2 THRIVE

7 TIPS FOR OWNING YOUR FEELINGS



TOOLS 2 THRIVE

7 WAYS YOU CAN SUPPORT OTHERS WHO ARE STRUGGLING



TOOLS 2 THRIVE

8 TRAITS OF TOXIC INFLUENCES



TOOLS 2 THRIVE

1 IN 5 people will experience a mental illness during their lifetime.

However, **EVERYONE** faces challenges in life that can impact their mental health.



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66 Number of days it takes for a behavior to become automatic (a habit).

For some people, it can take as long as 8.5 months. Don't give up!

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80% of Americans have experienced emotional abuse.

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60% of people have experienced a major loss in the last 3 years.

You're not alone.

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2 OUT OF 3 people who went through a life-changing event had physical symptoms while they were grieving.



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School-aged kids who are taught about emotions for **20-30 MINUTES** per week see improvements in their social behavior and school performance.

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A strong social support system improves overall mental health outcomes and the ability to bounce back from stressful situations.

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2.5 HOURS The average number of hours Americans spend watching TV per day.

30 MINUTES The amount of time Americans spend socializing per day.

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