

SAMPLE TWEETS

Celebrate Mental Health Month! Download the toolkit & spread awareness in your community about what #mentalillnessfeelslike bit.ly/MayMH

What does it really feel like to live with a #mentalhealth condition? Share your thoughts using #mentalillnessfeelslike bit.ly/MayMH

There are many misconceptions about what #mentalillnessfeelslike. Learn about anxiety, depression, bipolar, psychosis & more: bit.ly/MayMH

Share what life with #anxiety feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

Share what life with #depression feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

Share what life with #bipolar disorder feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

Share what life with #psychosis feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

What does #recovery look like? Share your journey - use #mentalillnessfeelslike [call to action img]

Clinical words often don't do justice to what mental health conditions feel like. Share what #mentalillnessfeelslike to you. bit.ly/MayMH

#B4Stage4 means talking about what #mentalillnessfeelslike and acting on that information. bit.ly/MayMH

Other ideas:

Tweet the tips from the Calendar each day!

Share graphics from the toolkit

Retweet @MentalHealthAm always

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