

SOCIAL POSTS

TWITTER

DOWNLOAD THE TOOLKIT:

- Celebrate 70 years of #mentalhealth! May is #MentalHealthMonth, so download the 2019 #4Mind4Body toolkit and share to raise awareness with us: [bit.ly/MayMH] #MHM2019
- It's #MentalHealthMonth! Download this year's toolkit & share with others to spread awareness about #mentalhealth: [bit.ly/MayMH] #MHM2019 #4Mind4Body
- 2019 marks the 70th year that #MentalHealthMonth will be observed. Raise awareness and celebrate mental wellness by downloading this year's toolkit: [bit.ly/MayMH] #4Mind4Body #MHM2019

FACTS/LEARN MORE:

- Finding a reason to laugh, walking with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. Learn more about #4Mind4Body health for #MentalHealthMonth: [bit.ly/MayMH] #MHM2019
- Finding balance between work and play, the ups and downs of life, physical #health and #mentalhealth, can help you towards focusing both #4Mind4Body. #MentalHealthMonth is all about health #4Mind4Body! Learn more: [bit.ly/MayMH] #MHM2019
- Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Find out how you can live healthy #4Mind4Body for #MentalHealthMonth: [bit.ly/MayMH] #MHM2019
- Things that are important to #mentalhealth: humor, spirituality, recreation, animal companionship, and work-life balance. But what makes them so critical to health #4Mind4Body? Learn more: [bit.ly/MayMH] #MentalHealthMonth #MHM2019
- Pets are not only lovable friends but also beneficial to #mentalhealth. Learn more about how animal companionship is important for health #4Mind4Body: [bit.ly/MayMH] #MentalHealthMonth #MHM2019

FACEBOOK/INSTAGRAM

DOWNLOAD THE TOOLKIT:

- Join @mentalhealthamerica for the 70th annual #MentalHealthMonth! Increase awareness of the connection between physical and #mentalhealth by downloading the free toolkit, featuring facts sheets with infographics, social media images, and more from bit.ly/MayMH. #MHM2019 #4Mind4Body
- 2019 marks the 70th year that #MentalHealthMonth will be observed. Since 1949, #MentalHealthMonth has been used to raise awareness about #mentalillness and celebrate #mentalhealth. Join in by downloading this year's toolkit: [bit.ly/MayMH] #4Mind4Body #MHM2019
- May is #MentalHealthMonth. We need to speak up early and educate people about #mentalillness—and do so in a compassionate, judgement-free way. Download @mentalhealthamerica's 2019 toolkit to help raise awareness at bit.ly/MayMH. #4Mind4Body #MHM2019

FACTS/LEARN MORE:

- Finding a reason to laugh, walking with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. Learn more about #4Mind4Body health for #MentalHealthMonth at bit.ly/MayMH. #MHM2019
- Finding balance between work and play, the ups and downs of life, physical #health and #mentalhealth, can help you towards focusing both #4Mind4Body. #MentalHealthMonth is all about health #4Mind4Body! Learn more at bit.ly/MayMH. #MHM2019
- Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Find out how you can live healthy #4Mind4Body for #MentalHealthMonth: at bit.ly/MayMH. #MHM2019
- Humor, spirituality, recreation, animal companionship, and work-life balance are important for everyone, but may be of special importance to people also living with #chronicillness and those who care for them. Learn more about #4Mind4Body health at bit.ly/MayMH. #MentalHealthMonth #MHM2019
- The company of animals – whether as pets or service animals— can have a profound impact on a person’s quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to healthier lives #4Mind4Body. Learn more about how science supports animals for your #mentalhealth at bit.ly/MayMH. #MentalHealthMonth #MHM2019

HASHTAGS

- #MHM2019
- #4Mind4Body
- #MentalHealthMonth

LINKS

- bit.ly/MayMH (mentalhealthamerica.net/may)
- bit.ly/4Mind4BodyHumor
- bit.ly/4Mind4BodyAnimals
- bit.ly/4Mind4BodySpirituality
- bit.ly/4Mind4BodyWork
- bit.ly/4Mind4BodySocial
- bit.ly/4Mind4Body (mentalhealthamerica.net/4Mind4Body)

