

# SOCIAL POSTS

## DOWNLOAD THE TOOLKIT:

- May is Mental Health Month! Mental Health America's 2021 Mental Health Month Toolkit #Tools2Thrive has practical tools that everyone can use to improve their mental health and increase resiliency. Learn more: [mhanational.org/may](https://mhanational.org/may)
- Celebrate Mental Health Month with Mental Health America's 2021 Toolkit, #Tools2Thrive. The toolkit explores coping with big changes, recognizing trauma, and building resiliency. Learn more at [mhanational.org/may](https://mhanational.org/may).
- For Mental Health Month, Mental Health America developed this year's toolkit by building on its 2020 theme of #Tools2Thrive, providing practical tools that everyone can use to improve their mental health and increase resiliency. Learn more: [mhanational.org/may](https://mhanational.org/may)

## GENERAL TOOLS 2 THRIVE PROMOTION:

- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Using #Tools2Thrive is essential to everyone's overall health and well-being. Learn more at [mhanational.org/may](https://mhanational.org/may).
- COVID-19 has had a profound impact on mental health. It's critical to normalize mental health care to heal from the long-lasting impacts of the pandemic. Learn about #Tools2Thrive, practical tools essential for everyone's mental health and well-being: [mhanational.org/may](https://mhanational.org/may).
- Living a healthy lifestyle and incorporating #Tools2Thrive for mental health may not be easy but can be achieved by gradually making small changes and building on those successes. Learn more about practical tools for mental health and wellness at [mhanational.org/may](https://mhanational.org/may).
- There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with. Check out Mental Health America's 2021 Mental Health Month Toolkit, #Tools2Thrive, to get started: [mhanational.org/may](https://mhanational.org/may).

## SAMPLE LANGUAGE FOR SPECIFIC TOPICS:

- Trauma of any kind can be hard on your mental health but working on becoming more resilient can help you feel more at ease. With #Tools2Thrive, you have practical tools that everyone can use to improve their mental health and increase resiliency. Learn more: [mhanational.org/may](https://mhanational.org/may)
- Anger and frustration are complicated emotions that can stem from disappointment, fear, and stress. Taking steps to decrease your overall tension with #Tools2Thrive can prevent your feelings from spiraling out of control. Learn more at [mhanational.org/may](https://mhanational.org/may)
- During tough times, negative thoughts can sometimes spiral out of control. Learning to cope with these thoughts through #Tools2Thrive can train your brain to think differently and improve your overall mental health and well-being. Learn more: [mhanational.org/may](https://mhanational.org/may)
- Processing big changes can be difficult. By providing yourself with #Tools2Thrive for processing change, you can adapt more easily. Learn more: [mhanational.org/may](https://mhanational.org/may)
- Taking time for yourself may seem unimaginable, but there are small things to make self-care a little easier. Using #Tools2Thrive in our everyday lives can help us practice self-compassion in practical ways to take care of our mental health and well-being: [mhanational.org/may](https://mhanational.org/may).

- Radical acceptance is about fully accepting your reality in situations that are beyond your control. It's a difficult skill to learn but using #Tools2Thrive can help you practice radical acceptance to start the process of moving forward. Learn more: [mhanational.org/may](https://mhanational.org/may)

## **HASHTAGS:**

- #Tools2Thrive
- #MentalHealthMonth
- #MHM2021

## **LINKS:**

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