

# SOCIAL MEDIA POSTS

## DOWNLOAD THE TOOLKIT:

- Are you prepared for Mental Health Month? Mental Health America's free toolkit includes fact sheets, resources, and graphics about mental health to share throughout the month of May. Download the toolkit at [mhanational.org/may](https://mhanational.org/may)
- For Mental Health Month this year, Mental Health America is bringing it back to basics. With mental health entering mainstream conversations, it's critical that solid foundations of knowledge are formed. Learn more: [mhanational.org/may](https://mhanational.org/may)
- May is Mental Health Month! Mental Health America's 2022 Mental Health Month toolkit provides free, practical resources to introduce topics in mental health such as recognizing warning signs and tools to maintain mental wellness. Learn more: [mhanational.org/may](https://mhanational.org/may)

## GENERAL SCREENING AND LEARN MORE ABOUT MENTAL HEALTH

- Screening can help catch mental health problems early. Get screened at [mhascreening.org](https://mhascreening.org). A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results.
- Feeling like something "isn't quite right"? Taking a free, anonymous mental health screen at [mhascreening.org](https://mhascreening.org) is one of the quickest and easiest ways to determine if what you are experiencing might be signs of a mental health condition.
- The delays in treatment for mental illnesses are longer than for many other health conditions. Getting screened increases the chances of getting treatment. Mental Health America has free, anonymous, and confidential mental health screens at [mhascreening.org](https://mhascreening.org)

## SAMPLE LANGUAGE FOR SPECIFIC TOPICS:

- With mental health entering the mainstream, it's critical that we get the basics right, like maintaining good mental health or recognizing warning signs. Mental Health America's 2022 Mental Health Month toolkit provides free resources to learn more: [mhanational.org/may](https://mhanational.org/may)
- When is it time to start thinking about mental health? Mental Health America's 2022 Mental Health Month toolkit takes us back to the basics with practical resources on starting your mental health journey for life. Learn more: [mhanational.org/may](https://mhanational.org/may)
- What contributes to developing a mental health condition? How do we recognize warning signs? What are ways to maintain good mental health? Mental Health America's 2022 Mental Health Month Toolkit answers all these and more at [mhanational.org/may](https://mhanational.org/may)
- While it's common to discuss ways to maintain our physical health, like regular exercise or a healthy diet, maintaining good mental health is less known. Explore mental wellness with Mental Health America's 2022 Mental Health Month toolkit: [mhanational.org/may](https://mhanational.org/may)
- Sometimes people are aware enough to recognize that something "isn't quite right" with their mental health. But what are next steps? Learn the basics with Mental Health America's 2022 Mental Health Month toolkit at [mhanational.org/may](https://mhanational.org/may)

- What does “mental health” mean? What does it consist of? Feelings and emotions? Mental Health America is bringing it back to basics with the 2022 Mental Health Month Toolkit. Learn more and download the toolkit at [mhanational.org/may](https://mhanational.org/may)
- From social determinants of health to brain chemistry, a lot of factors come into play when it comes to mental health conditions. Learn about what can cause mental health conditions and what we can do to prevent them at [mhanational.org/may](https://mhanational.org/may)

## CRISIS:

- If you or someone you know is in crisis, text MHA to 741741 to reach a trained Crisis Counselor 24/7 or call 1-800-273-8255 to reach a local crisis center through the National Suicide Prevention Lifeline.
- Starting July 16, 2022, the National Suicide Prevention Lifeline will be available for mental health or emotional crisis situations by calling 988.

## HASHTAGS:

- #BackToMHBasics
- #MentalHealthMonth
- #MHM2022

## LINKS:

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

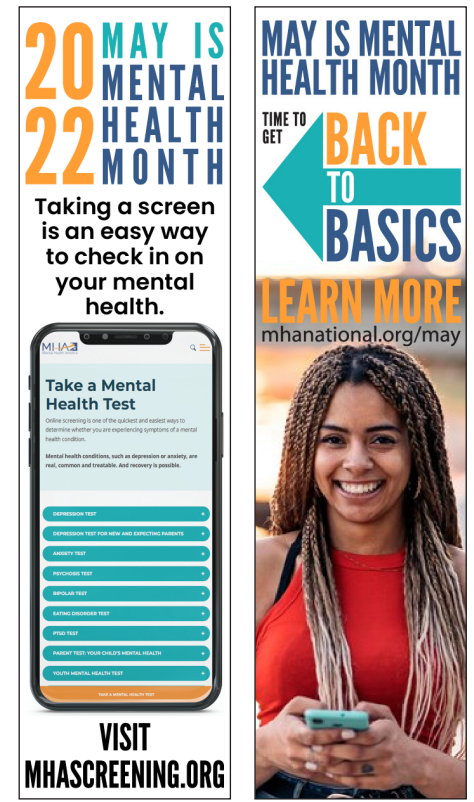
# IMAGES

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-2022-toolkit-download> and downloading the images zip file.

## Horizontal Banners



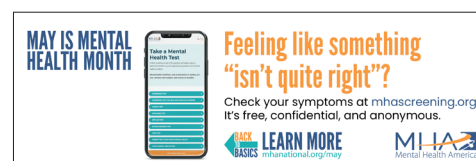
## Vertical Banners



## Facebook Covers



## Twitter Headers



## Shareables (for all social media platforms)

**BACK TO BASICS**

Take a Mental Health Test

Feeling like something "isn't quite right"?

Taking a free, anonymous mental health screen at [mhascreening.org](https://mhascreening.org) is one of the quickest and easiest ways to determine if what you are experiencing might be signs of a mental health condition.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**BACK TO BASICS**

IF YOU'RE CONCERNED ABOUT YOUR MENTAL HEALTH OR JUST WANT TO CHECK IN WITH YOURSELF, TAKE A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org).

FREE. CONFIDENTIAL. ANONYMOUS.

**BACK TO BASICS** **LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MLHA** Mental Health America

**20 MAY IS MENTAL HEALTH MONTH**

**BACK TO BASICS**

For Mental Health Month this year, Mental Health America is bringing it back to basics.

With mental health entering mainstream conversations, it's critical that solid foundations of knowledge are formed.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MAY IS MENTAL HEALTH MONTH**

**BACK TO BASICS**

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)



**FAST FACT:**

**21%** OF ALL U.S. ADULTS LIVE WITH A MENTAL HEALTH CONDITION

**BACK TO BASICS** **LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MLHA** Mental Health America

**FAST FACT:**

THE PREVALENCE OF MENTAL HEALTH CONDITIONS IS HIGHEST AMONG ADULTS REPORTING TWO OR MORE RACES (35.8%)

**BACK TO BASICS** **LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MLHA** Mental Health America

**FAST FACT:**

MENTAL HEALTH CONDITIONS AFFECT MORE FEMALES (25.8%) THAN MALES (15.6%)

**BACK TO BASICS** **LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MLHA** Mental Health America

**FAST FACT:**

**46%** OF AMERICANS WILL MEET THE CRITERIA FOR A DIAGNOSABLE MENTAL HEALTH CONDITION AT SOMETIME IN THEIR LIFE

**BACK TO BASICS** **LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MLHA** Mental Health America

**FAST FACT:**

CHILDREN WHO EXPERIENCE TRAUMA ARE APPROXIMATELY **1.3X MORE LIKELY** TO DEVELOP A MENTAL HEALTH CONDITION AS ADULTS THAN CHILDREN WHO DON'T EXPERIENCE TRAUMA.

**BACK TO BASICS** **LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MLHA** Mental Health America

**FAST FACT:**

STUDIES HAVE FOUND CHILDREN OF PARENTS WITH GENERALIZED ANXIETY DISORDER (GAD) TO BE **2-6X AS LIKELY** AS OTHER CHILDREN TO RECEIVE A GAD DIAGNOSIS.

**BACK TO BASICS** **LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**MLHA** Mental Health America

**TERM TO KNOW** **BACK TO BASICS**

**COPING SKILL:** a strategy to help you deal with difficult situations and reduce unpleasant emotions, thoughts, or behaviors.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**HEALTH INSURANCE:** a signed contract with a health insurance company that requires the company to pay for some of your health care costs.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**LIVED EXPERIENCE:** first-hand, personal experience dealing with a mental health or substance use challenge.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**MENTAL HEALTH CONCERN:** anything that causes a person to believe their mental health may be suffering; could be a symptom, a group of symptoms, or a diagnosable mental health condition.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**MENTAL HEALTH CONDITION:** a set of related symptoms that have been recognized by the mental health community; includes conditions defined in the DSM-V, ICD-11, and by people with lived experience.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**MENTAL HEALTH PROFESSIONAL:** a licensed or certified mental health treatment provider.

(See [bit.ly/mhprofs](https://bit.ly/mhprofs) for a detailed list.)

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**MENTAL HEALTH SCREEN:** an evaluation of your mental health and well-being through scientifically validated assessment tools. Visit [mhascreening.org](https://mhascreening.org) for free, confidential screening tools.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**NEUROTRANSMITTERS:** chemicals that carry messages throughout your brain.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

**TERM TO KNOW** **BACK TO BASICS**

**OUTPATIENT:** treatment that takes place in an office, hospital, or other clinical setting but does not involve overnight stays.

**MLHA** Mental Health America

**LEARN MORE** [mhanational.org/may](https://mhanational.org/may)

and more!