# SOCIAL MEDIA POSTS

## DOWNLOAD THE TOOLKIT:

- This #MentalHealthMonth, Mental Health America invites you to #LookAroundLookWithin to learn about how your surroundings can impact mental health. Learn more: mhanational.org/may
- Download Mental Health America's #MentalHealthMonth toolkit to learn about how your surroundings can impact mental health: mhanational.org/may #LookAroundLookWithin

## TOOLKIT TOPICS:

- Stable housing allows individuals to develop routines and connections to their local community, which are beneficial for mental health. Download Mental Health America's #MentalHealthMonth toolkit to learn more: mhanational.org/may #LookAroundLookWithin
- #MentalHealthMonth is a good time to #LookAround and adjust your space at home to help you be more productive, reach your goals, and improve your mental health. Learn more: mhanational.org/may
- Did you know your ZIP code plays a significant role in how healthy you are? This #MentalHealthMonth, Mental Health America invites you to #LookAroundLookWithin to learn about how your surroundings can impact mental health. Download the toolkit: mhanational.org/may
- Spending time in nature can lead to positive mental health outcomes, such as improved focus, lower stress, and better mood. Learn more: mhanational.org/may #LookAroundLookWithin

## SCREENING:

- #MentalHealthMonth is a good time to #LookWithin and check in on your mental health. Take a free mental health test at mhascreening.org
- Taking a mental health test is one of the easiest ways to #LookWithin and check in on your mental health. Get screened at mhascreening.org #MentalHealthMonth

## CRISIS:

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741.

## BUILDING LIGHTINGS:

- #LookAround at all the buildings and landmarks being lit up green in honor of #MentalHealthMonth! Find a building lighting in your area: mhanational.org/may
- May is #MentalHealthMonth! Buildings across the country are lighting up green to raise mental health awareness. #LookAround and find a participating building or landmark near you: mhanational.org/may

## HASHTAGS:

- #LookAround
- #LookWithin
- #LookAroundLookWithin
- #MentalHealthMonth

## 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-2023-toolkit-download and downloading the images zip file.

**Email Signatures (1200 x 600 px)**

Zoom Backgrounds

MAY IS
MENTAL
HEALTH
MONTH

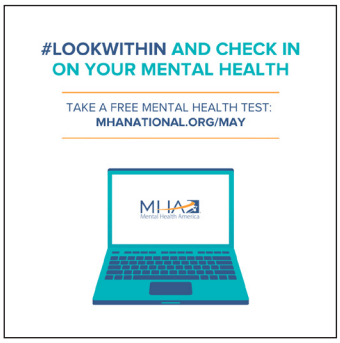
MHANATIONAL.ORG/MAY

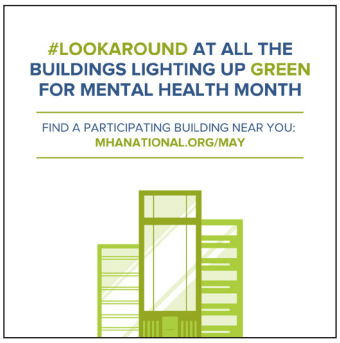
MHA
Mental Health America

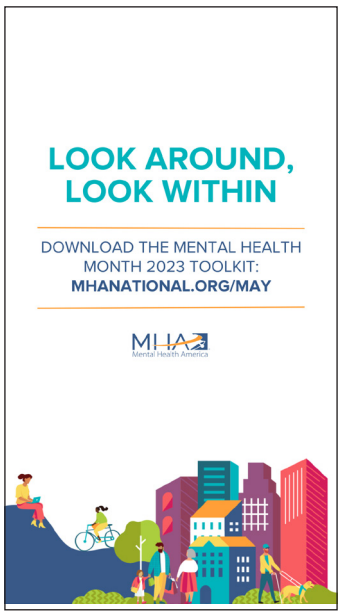
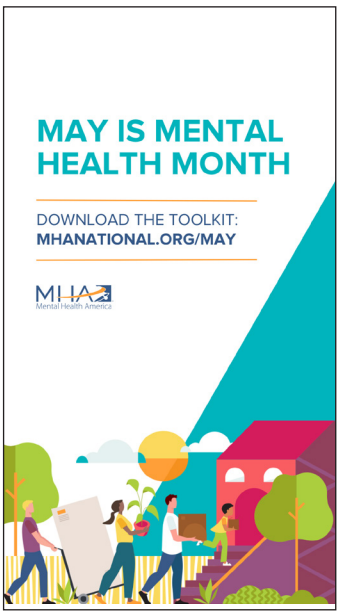
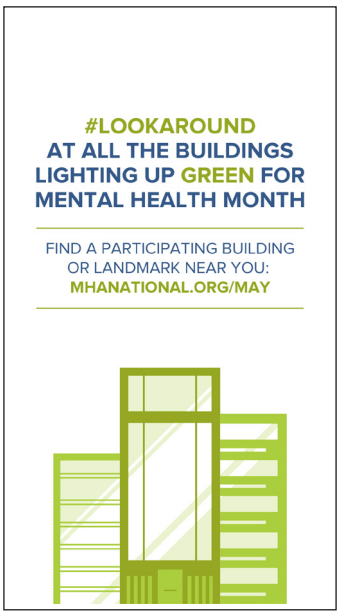
May is Mental
Health Month

MHA
Mental Health America
mhanational.org | mhascreening.org

## Shareable Post Images (for all social media platforms)




## Instagram and Facebook Story Images