

Mental Health Month 2019

May is Mental Health Month. This month, we'll be focusing on what you can do to stay in balance in every aspect of your life. We'll be sharing stress symptoms, relaxation techniques, and more!

Want to promote #StayingInBalance?

There are many ways you can help promote #StayingInBalance to your networks.

You can...

- Visit and share our #StayingInBalance page: vibrant.org/stayinginbalance
- Post messages and graphics from the sample social media posts below (download graphics at <http://bit.ly/VibrantMHM2019>)
- Share, RT, or regram our graphics, videos and stories throughout the month
- Download and share our stress assessment exercise and self-care plan
- Join us for a “How To Have a #RealConvo Twitter Chat” with the American Foundation for Suicide Prevention (@afspnational) and others on May 22nd at 2pm EST/11am PST
- Tune in for our Facebook Live Events later this month (TBD)
- Share your personal selfcare tips with us by using the hashtag #StayingInBalance
- Donate to Vibrant Emotional Health and support our life-saving work: vibrant.org/donate



Sample Social Media Posts

Facebook

May is #MentalHealthMonth. This month, join @vibrantforall as they focus on what you can do to stay in balance in every aspect of your life. Follow the hashtag #StayingInBalance throughout the month for relaxation techniques, a self-care action plan, and more! <https://bit.ly/2LkDvXF>

If you feel like you are having a hard time staying in balance, this self-care action plan exercise from @vibrantforall can help you identify if you're stressed and how to manage it better. <https://bit.ly/2PNsaOo> #StayingInBalance #MentalHealthMonth

Feeling stressed or off-balanced? These relaxation techniques and exercises from @vibrantforall can help. <https://bit.ly/2JbrXD6> #StayingInBalance #MentalHealthMonth

Take a look at the signs and symptoms of stress on this page: <https://bit.ly/2ZSVMhW>. Do you see yourself in this list? If so, it may be time to try some proven stress reduction strategies. Visit vibrant.org/stayinginbalance to learn how. #StayingInBalance #MentalHealthMonth

Self-care means that you find time for yourself and the activities that will keep you healthy and in balance as you face the demands of work, home, and life in general. Download this self-care action plan to help you make self-care a part of your daily life. <https://bit.ly/2PNsaOo> #StayingInBalance #MentalHealthMonth

Want to keep your organization healthy by reducing stress in the workplace? Contact @vibrantforall today to setup a workshop for supervisors, managers, and staff members. Learn more by visiting vibrant.org/StayingInBalance. #StayingInBalance #MentalHealthMonth



May is #MentalHealthMonth. If you or someone you know is struggling with thoughts of suicide, reach out to the @800273talk. They're available 24/7/365, and your call is confidential and free. You don't have to go through this alone.

Did you know that @vibrantforall administers not only the @800273talk, but the national @distresshelpline, as well? The Disaster Distress Helpline provides immediate crisis counseling for people experiencing emotional distress related to disasters. It's free, confidential, and available 24/7. Learn more by visiting disasterdistress.samhsa.gov. #MentalHealthMonth

Twitter

May is #MentalHealthMonth. This month, join @vibrantforall as they focus on what you can do to stay in balance in every aspect of your life. Follow the hashtag #StayingInBalance for #relaxation techniques, a #selfcare action plan, & more! <https://bit.ly/2LeqSgy>

If you feel like you're having a hard time staying in balance, this #selfcare action plan exercise from @vibrantforall can help you identify if you're stressed & how to manage it better. <https://bit.ly/2XZRZxp> #StayingInBalance #MentalHealthMonth

Feeling stressed or off-balanced? These #relaxation techniques & exercises from @vibrantforall can help. <https://bit.ly/2vxt6wS> #StayingInBalance #MentalHealthMonth

Take a look at the signs & symptoms of #stress on this page: <https://bit.ly/2IXD1EW>. Do you see yourself in this list? If so, it may be time to try some proven stress reduction strategies. Visit vibrant.org/stayinginbalance to learn how. #StayingInBalance #MentalHealthMonth

#Selfcare means that you find time for yourself & the activities that'll keep you healthy & in balance as you face the demands of work, home, & life in general. DL this self-care action plan to help you make self-care a part of your daily life. <https://bit.ly/2XZRZxp> #StayingInBalance



Want to keep your organization healthy by reducing stress in the workplace? Contact @vibrantforall today to setup a workshop for supervisors, managers, and staff members. Learn more by visiting vibrant.org/StayingInBalance. #StayingInBalance #MentalHealthMonth

May is #MentalHealthMonth. If you or someone you know is struggling with thoughts of suicide, reach out to the @800273talk. They're available 24/7/365, and your call is confidential and free. You're don't have to go through this alone.

DYK that @vibrantforall administers not only @800273talk, but the nat'l @distressline, as well? DDH provides immediate crisis counseling for ppl experiencing emotional distress related to disasters. It's free, confidential, & 24/7. Visit disasterdistress.samhsa.gov #MentalHealthMonth

**To download more tips and social media graphics,
visit <http://bit.ly/VibrantMHM2019>.**

