2017 May Mental Health Month

Social Media Messages

**Hashtags**

Let’s join NAMI and partners across the country in using these hashtags this May:

#StigmaFree #MentalHealthMonth

**Twitter**

* May is #MentalHealthMonth. Encourage your organization to sign the Mental Health Month Proclamation. See template here: <insert link>
* Take the Make It Ok pledge in May #MentalHealthMonth #ErasetheStigma #MakeItOK <http://makeitok.org/take-the-pledge/>
* Want more skills to assist family, friends, or coworkers in mental health crises? Try #MentalHealthFirstAid <http://www.mentalhealthfirstaid.org/cs>
* #MentalHealthFirstAid teaches you how to identify, understand and respond to signs of mental illnesses in your community. [www.fairview.org/mentalhealthfirstaid](http://www.fairview.org/mentalhealthfirstaid)
* 1 in 5 Americans are affected by mental illness. #EraseTheStigma.

[http://makeitok.org/see-our-ads/](http://makeitok.org/see-our-ads/%20)

* #QuestionPersuadeRefer are the 3 simple steps to #PreventSuicide. Find a training here: <https://www.qprinstitute.com>
* Offering #PsychologicalFirstAid in your workplace will build skills to help others handle mental trauma. Find more here: <http://www.health.state.mn.us/oep/responsesystems/pfa.html>
* #Mentalillness is not a partisan issue. It can strike anyone at any time. #MentalHealthMonth

**Facebook**

* This May, <insert org name> is pledging to promote taking the “Make It Ok” pledge and support evidence based trainings as a part of #MentalHealthMonth. You should pledge to #EraseTheStigma #MakeItOK too! <insert link to proclamation template here>
* As many as 1 in 5 Americans are affected by mental illness. Join the Center for Community Health and sign the Make It Ok pledge this May 2017, #MentalHealthMonth

<http://makeitok.org/take-the-pledge/>

* Watch stories & Learn about individuals living with Mental Illness to understand how to #EraseTheStigma #MakeItOK at [http://makeitok.org/see-our-ads/](http://makeitok.org/see-our-ads/%20)