SAMPLE POSTS

Celebrate Mental Health Month! Download the MHA toolkit, filled with information and resources, to help spread awareness in your community about what #mentalillnessfeelslike. bit.ly/MayMH

What does it really feel like to live with a #mentalhealth condition? Share your thoughts using #mentalillnessfeelslike bit.ly/MayMH

There are a lot of misconceptions about what mental illness feels like. Learn about anxiety, depression, bipolar disorder, psychosis, and more with this year's Mental Health Month fact sheets: bit.ly/MayMH

Share what life with #anxiety feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

Share what life with #depression feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

Share what life with #bipolardisorder feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

Share what life with #psychosis feels like for you. Tag your posts with #mentalillnessfeelslike [call to action img]

What does #recovery look like? Share your journey - use #mentalillnessfeelslike [call to action img]

When mental illnesses or disorders are talked about, the language used to describe them is typically clinical and impersonal. These clinical words often don't do justice to what life with a mental illness feels like. This Mental Health Month, share what #mentalillnessfeelslike in your own way. bit.ly/MayMH

#B4Stage4 means talking about what #mentalillnessfeelslike and then acting on that information by taking a screen or talking to a friend. bit.ly/MayMH

Other ideas:
Post tips from the Calendar or fact sheets!
Share graphics from the toolkit
Tag @MentalHealthAmerica

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