Mental Health Month Toolkit

May, 2018

Visit us at: www.adamhfranklin.org
Text ADAMHFRANKLIN to 28226 to join our mailing list!
Connect with us: @ADAMHBoardofFranklinCounty

ADAMH

Alcohol, Drug and Mental Health Board
of Franklin County

Mental Health Month

Summary

The materials in this toolkit will guide you to help members of your community start a conversation about mental health and assess their own mental health through Mental Health America's screening tools.

This toolkit includes:
- Sample Social Media Posts and Graphics
  - Facebook
  - Instagram
  - LinkedIn
- Sample Email Message and Header Graphics
- Website Banner Graphics
- Mental Health Month Flyers
  - Mental Health
  - Mental Illness

Note:

To download **images**, click on the image you wish to download and it will open in a web browser. You can then right-click and select "save image as" to save it to your computer.

To download **posters**, click on the image of the poster you wish to download and it will open in a web browser. You can then right-click and select "save as" to save it to your computer.

ADAMH

Alcohol, Drug and Mental Health Board of Franklin County

About ADAMH

ADAMH is Franklin County's authority for planning, funding and evaluating mental health, alcohol and drug abuse prevention and treatment services. ADAMH-funded services are provided by a local network of more than 30 not-for-profit providers.

Mental Health Month

Sample Social Media Posts and Graphics

Facebook Posts

May is Mental Health Month! I am teaming up with @ADAMHBoardofFranklinCounty to ask YOU to help spread Mental Health awareness and reduce the stigma of Mental Illness. To get started, check out their Mental Health Month Social Media Toolkit: adamhfranklin.org/mentalhealthmonth

Join @ADAMHBoardofFranklinCounty during Mental Health Month in increasing awareness mental health and decreasing stigma of mental illness. Download the complete toolkit, featuring social media images, mental health month flyers and more from adamhfranklin.org/mentalhealthmonth

Do you know what Mental Illness is? During Mental Health Month, help @ADAMHBoardofFranklinCounty spread awareness and stop the stigma.

Do you know what Mental Health is? During Mental Health Month, help @ADAMHBoardofFranklinCounty spread awareness. Good mental health is key to your overall health!

Do you know someone struggling with mental illness or addiction? May is Mental Health Month. Help @ADAMHBoardofFranklinCounty stop the stigma by visiting adamhfranklin.org/mentalhealthmonth

Have you ever struggled with a mental illness? Help @ADAMHBoardofFranklinCounty stop the stigma by sharing your story during Mental Health Month. *Share your picture and mental illness story if you feel comfortable telling it to others.*

Improve your mental health this month with these tips from @ADAMHBoardofFranklinCounty

Other Facebook Post Ideas:
- Share your mental health story in a creative way. For example, make a short video or write a poem.
- Tag @ADAMHBoardofFranklinCounty in posts that you create.
- Follow us on Facebook and share the additional content we will be posting for Mental Health Month throughout May!

Mental Health Month

Sample Social Media Posts and Graphics

Facebook Cover Photos

Facebook Graphics

Mental Health Month

Sample Social Media Posts and Graphics

Facebook & Instagram Graphics

5 Tips to Improve Your Mental Health

1. Exercise.
2. Plan a Trip.
3. Get Better Sleep.
4. Set Realistic Goals.
5. Seek help when you need it.

Many people experience mental illness and, just like experiencing physical illnesses, seek a doctor for help.

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5 Tips to Improve Your Mental Health

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What is Mental Health?

Mental health is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.

Good mental health is key to your overall health.

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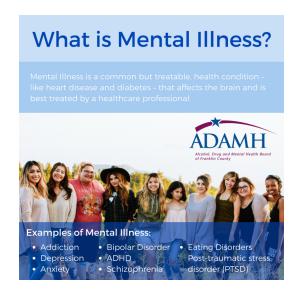of Franklin County

Mental Health Month

Sample Social Media Posts and Graphics

Facebook & Instagram Graphics

What is Mental Illness?

Mental Illness is a common but treatable, health condition – like heart disease and diabetes – that affects the brain and is best treated by a healthcare professional.

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Examples of Mental Illness:
- Addiction
- Depression
- Anxiety
- Bipolar Disorder
- ADHD
- Schizophrenia
- Eating Disorders
- Post-traumatic stress disorder (PTSD)

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Instagram Graphics

May is Mental Health Month

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Alcohol, Drug and Mental Health Board of Franklin County

May is Mental Health Month

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Mental Health Month

Sample Social Media Posts

Instagram Posts

I am joining @ADAMHBoardofFranklinCounty during Mental Health Month to spread awareness of mental health and stop the stigma surrounding mental illness.
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#ADAMH #MHM2018 #MentalHealthMonth #mentalillness #mentalhealth #mentalhealthadvocate #stopthestigma

Do you know what Mental Illness is? During Mental Health Month, help @ADAMHBoardofFranklinCounty spread awareness and stop the stigma.
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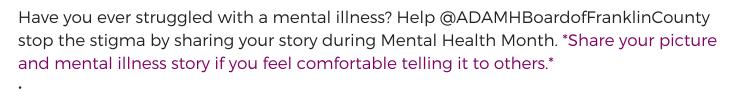#ADAMH #MHM2018 #MentalHealthMonth #mentalillnessfeelslike #mentalillness #mentalhealth #mentalhealthadvocate #addictionisadisease #stopthestigma

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#ADAMH #MHM2018 #MentalHealthMonth #mentalhealth #mentalhealthawareness #overallhealth #mentalhealthmatters

Mental Health Month

Sample Social Media Posts

Instagram Posts

Have you ever struggled with a mental illness? Help @ADAMHBoardofFranklinCounty stop the stigma by sharing your story during Mental Health Month. *Share your picture and mental illness story if you feel comfortable telling it to others.*
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Improve your mental health this month with these tips from @ADAMHBoardofFranklinCounty
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#ADAMH #mentalhealthtips #mentalhealthmonth #MHM2018 #mentalhealth #mentalhealthmatters #mentalhealthawareness

Other Instagram Post Ideas:

- Share your mental health story in a creative way, by creating a video or writing a poem. Use the hashtags: #MHM2018, #ADAMH, and #MentalIllnessFeelsLike.
- Tag @ADAMHBoardofFranklinCounty in posts that you create.
- Follow us on Instagram to like and comment on the additional content we will be posting for Mental Health Month throughout May!

Mental Health Month

Sample Social Media Posts

LinkedIn Post

I am joining @ADAMHBoardofFranklinCounty during Mental Health Month to spread awareness of mental health and stop the stigma surrounding mental illness. Learn more at adamhfranklin.org/mentalhealthmonth

LinkedIn Post Headers

Mental Health Month

Sample Email

Email Header Graphics

Mental Health Month

Sample Email

Sample Email Message

Email Subject: Let's Talk About Mental Health

This month, we are teaming up with the Alcohol, Drug and Mental Health Board of Franklin County (ADAMH) to celebrate Mental Health Month and are asking YOU to help spread awareness and reduce the stigma of mental illness.

What is Mental Health?
Mental health is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life. Good mental health is key to your overall health.

What is Mental Illness?
Mental Illness is a common but treatable, health condition – like heart disease and diabetes – that affects the brain and is best treated by a healthcare professional. Examples are: addiction, depression, anxiety, ADHD, bipolar disorder, or schizophrenia.

With proper treatment and support, most people can, and do, recover and go on to lead healthy, productive lives. Do not let stigma prevent you from getting the care you deserve or from helping a friend in need. Many people experience mental illness and, just like experiencing physical illnesses, see a doctor for help. Start talking to your loved ones about mental health and increase the chance that they will receive treatment sooner rather than later.

ADAMH-funded services are provided by a local network of more than 30 not-for-profit providers. Find the full list of providers here: adamhfranklin.org/find-help/our-network

If a loved one is in crisis, call 614.276.CARE (614.276.2273) or chat online: adamhfranklin.org

If you believe a loved one is at risk of suicide, visit adamhfranklin.org/find-help/suicide-prevention to learn about the warning signs and how you can help.

Learn more about what you can do to promote mental health this month: adamhfranklin.org/mentalhealthmonth

Also, make sure to visit ADAMH on Facebook, Instagram or LinkedIn (@ADAMHBoardofFranklinCounty) for more information about mental health and addiction services in Franklin County.

[Insert Signature Line]

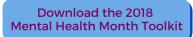# Mental Health Month

Website

Website Banners

Link to: adamhfranklin.org/mentalhealthmonth

May is Mental Health Month

Download the 2018
Mental Health Month Toolkit

May is Mental Health Month

Download the 2018
Mental Health Month Toolkit

Mental Health Month

Mental Health Month Flyers

Mental Health

Mental Health Month

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5 Tips to Improve Your Mental Health

1. Exercising improves your physical health AND your mental health! Releasing endorphins lifts your mood and reduces stress.

2. Plan a trip. Looking forward to a getaway can boost your overall happiness for up to 8 weeks!

3. Get better sleep. Sleep deprivation can negatively impact your mood and energy level.

4. Set realistic goals. Achieving your goals will give you a sense of accomplishment and increase your self-worth.

5. Seek help when you need it. Many people experience mental illness and, just like experiencing physical illnesses, seek a doctor for help.

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Mental Health Month Flyers

Mental Illness

Mental Health Month

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Examples of Mental Illness:

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