



Franklin County Mental Health Toolkit

Sample Social Media Posts

1) Facebook

Are you struggling with mental health or your well-being? Want tools to help manage the challenges life throws at you? It's ok to not be ok! Franklin County has partnered with ADAMH and CredibleMind for a new, online tool to connect you with mental health resources and care. You'll find thousands of videos, podcasts, apps, books and online tools from trusted experts covering over 200 topics.

Save time, get answers you can trust, and start feeling happier. Scan the QR code or visit <https://franklincountyohio.crediblemind.com/> today.

2) Twitter

Struggling with mental health or your well-being? Want tools to help manage the challenges life throws at you? It's ok to not be ok! Begin your self-care journey today. Visit <https://franklincountyohio.crediblemind.com/> today. #EveryResidentEveryDay

3) Facebook

Feeling like things just aren't quite right? Want tools to help manage what life throws at you? It's ok to not be ok! Franklin County has launched a new website focused on mental health well-being where you'll find videos, podcasts, apps, books & online tools to help you sort through life's challenges. You can even take self-assessments and receive personalized results and well-being resources!

Save time, get answers you can trust and start feeling happier. Learn more today by scanning the QR code or visiting <https://franklincountyohio.crediblemind.com/>.

4) Twitter

Feeling like things just aren't quite right? Want tools to help manage what life throws at you? It's ok to not be ok! Scan the QR code or visit <https://franklincountyohio.crediblemind.com/> to get trusted answers & mental health resources today. #EveryResidentEveryDay

5) Facebook

Are you feeling like something's just not quite right, but you're not sure what that feeling means? Not sure if you need help, or where to find it? Check out <https://franklincountyohio.crediblemind.com/> to get started!

This new online tool from Franklin County, ADAMH and CredibleMind connects you with apps, videos, podcasts, & more to help you sort through life's challenges. Take a quick, confidential assessment and receive personalized results & trusted mental health resources you can start using today! Scan the QR code or visit <https://franklincountyohio.crediblemind.com/>!



6) Twitter

Feeling like something's not quite right but aren't sure what that feeling is? It's ok to not be ok – but there's help available if you're ready. Take a free, confidential assessment at <https://franklincountyohio.crediblemind.com/> to get answers & resources you can trust.
#EveryResidentEveryDay

It's ok to not be ok.

CredibleMind and Franklin County are here to help.



Want tools to help manage what life throws at you? Not sure what that “something-just-isn’t right” feeling is? Wondering how you can feel more engaged in your relationships and your community?

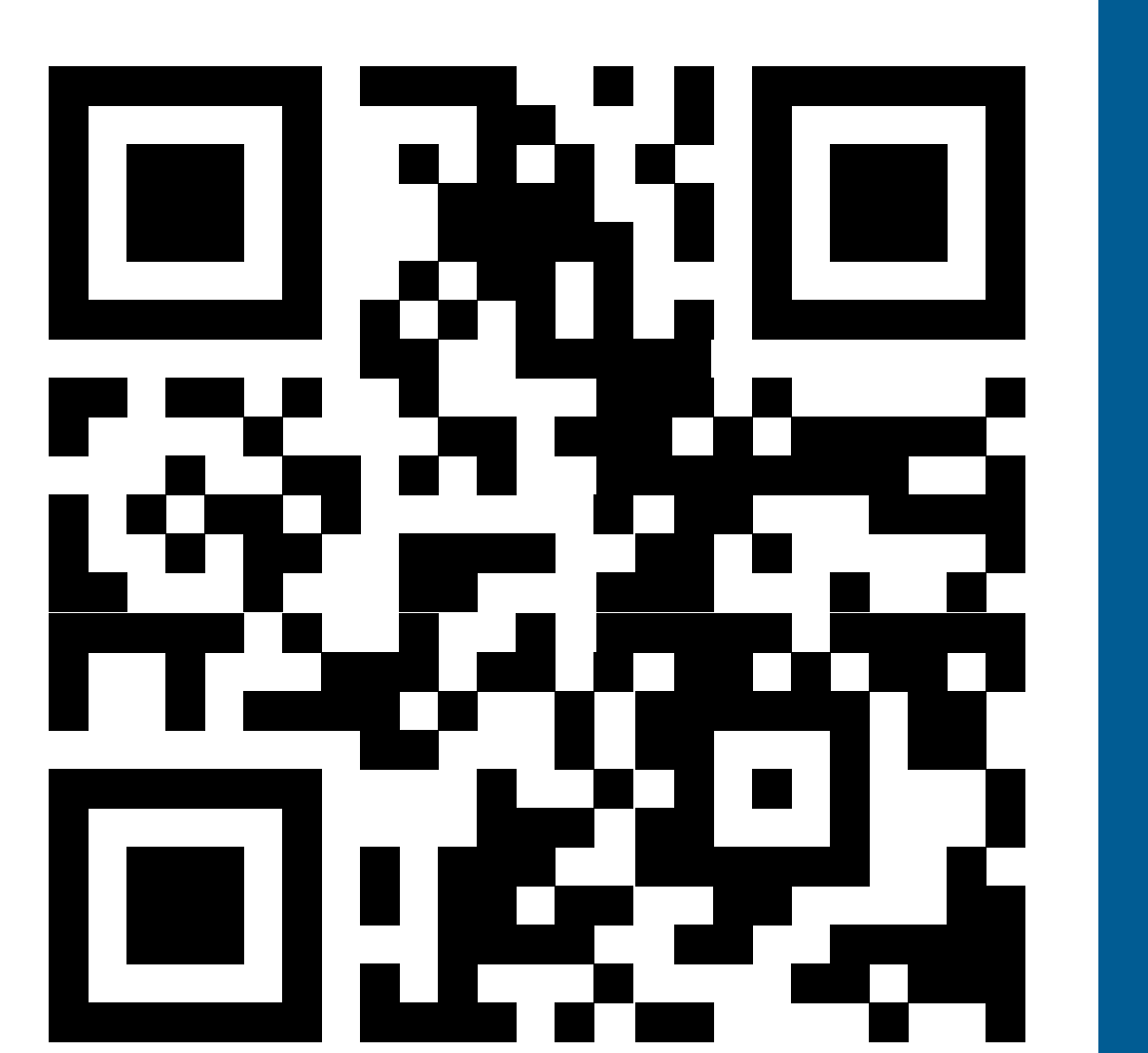
CredibleMind is here with thousands of **videos, podcasts, apps, books** and **online tools** covering over 200 topics. Vetted by our team of experts you can trust us and know that these resources work.

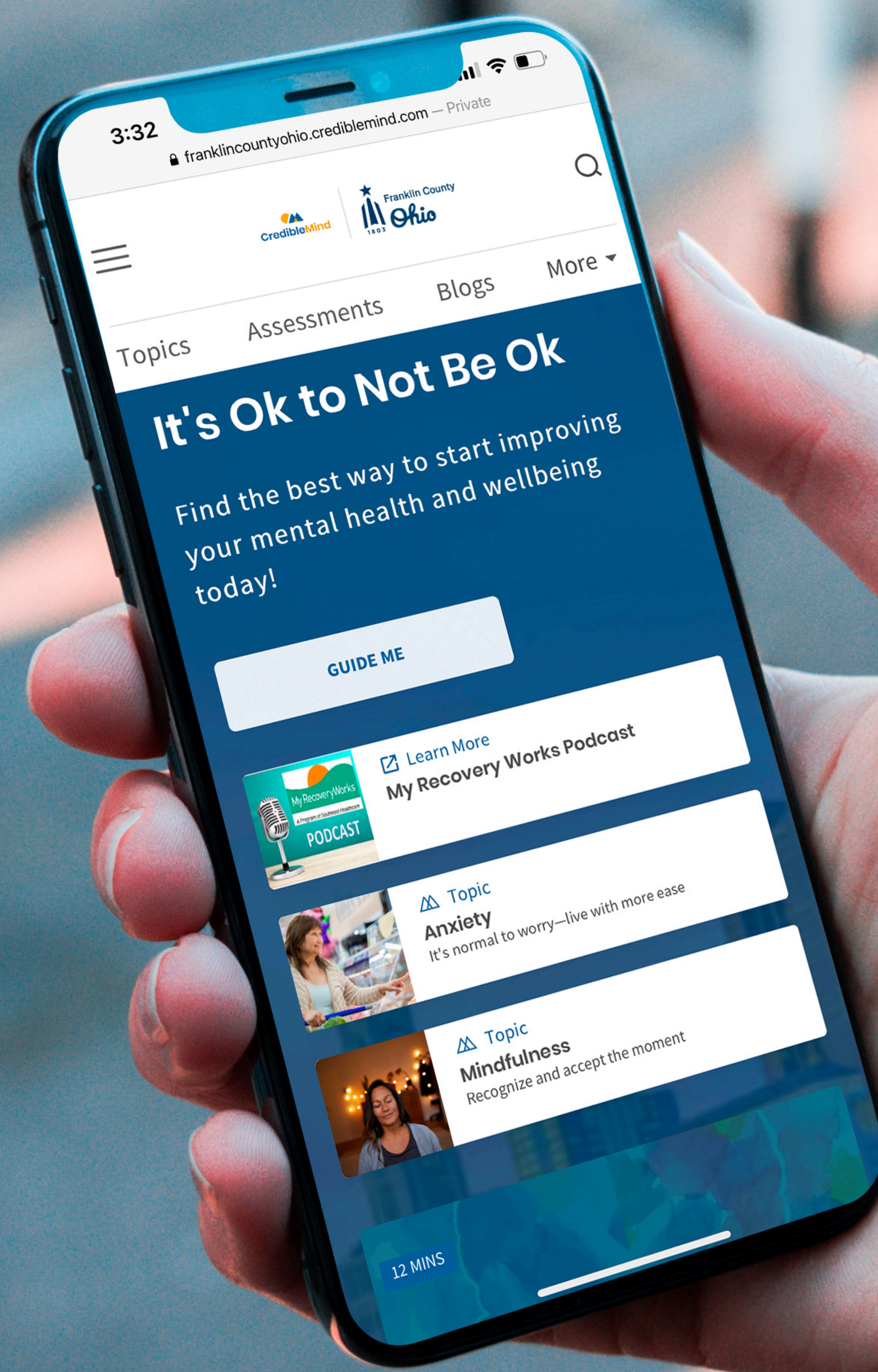
Always free and always confidential, CredibleMind helps you sort through life’s challenges. Save time, get answers you can trust, and start feeling happier today.

Take an assessment and receive personalized results and wellbeing resources you can start using today!



Visit franklincountyohio.crediblemind.com
to start feeling better today





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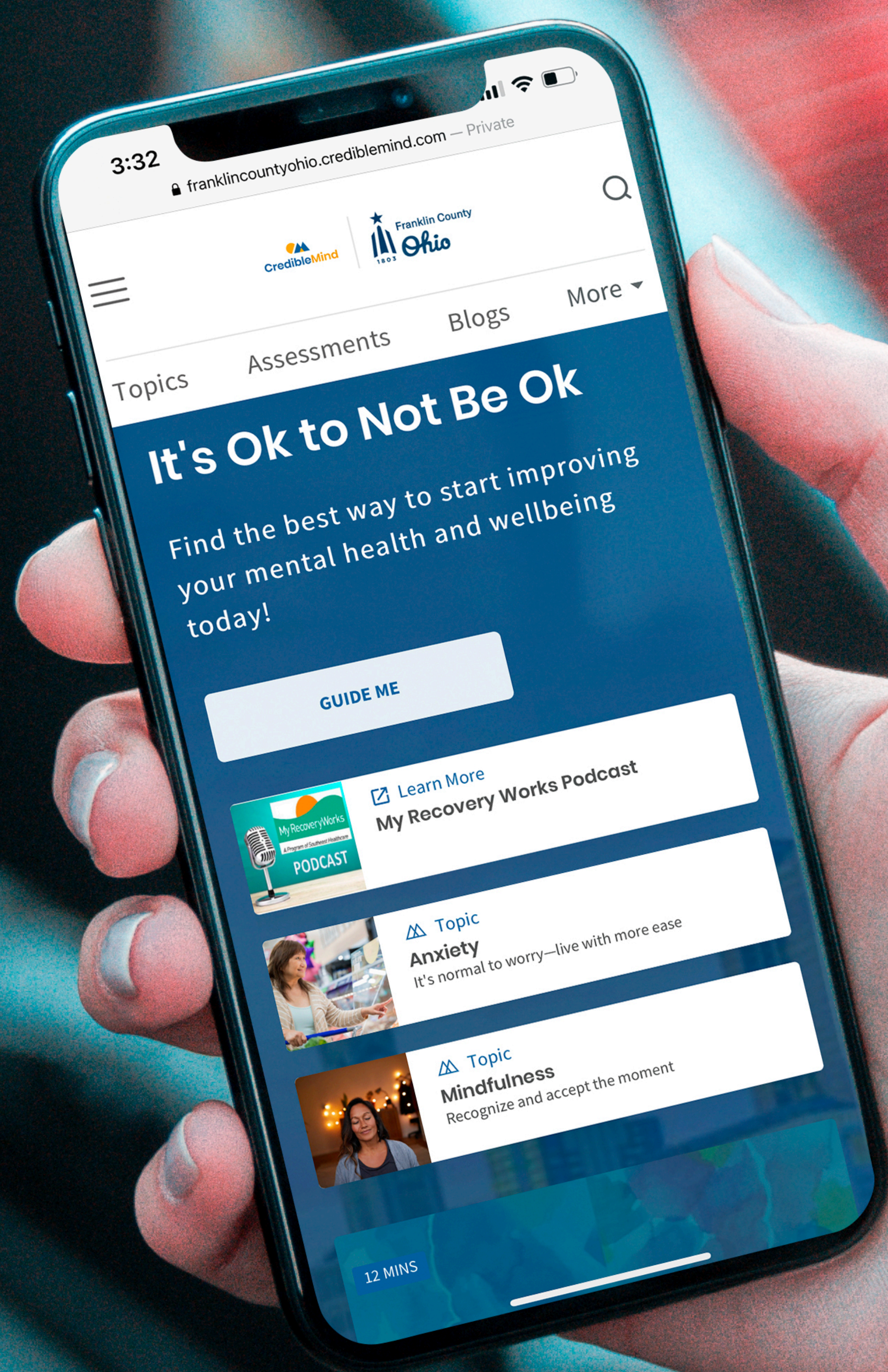
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Scan With
Your Camera





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