

Sample Facebook Posts

We support @mentalhealthamerica and the #B4Stage4 campaign for early intervention and prevention. Screening is one step in that process. Get screened today: www.mhascreening.org and support #MHMonth2015 <http://bit.ly/1Agy9v3>

It's Mental Health Month #MHMonth2015 - Support early identification, prevention, and intervention. People do recover! #B4Stage4 Get involved <http://bit.ly/1Agy9v3>

Did you know that it typically takes ten years from the first time someone has mental health concerns until they get a correct diagnosis and proper treatment? We can't wait for that. Support #MHMonth2015 and embrace #B4Stage4 thinking, learn more: <http://bit.ly/1Agy9v3>

Intervening effectively during early stages of mental illness can save lives and change the trajectories of people living with mental illnesses. Support @mentalhealthamerica and the #B4Stage4 campaign Get #screened, www.mhascreening.org

Would you wait 10 years to get help if you were experiencing symptoms of cancer or diabetes? Don't wait to ask for and receive help. Take a #screening and talk to your doctor or someone you trust, www.mhascreening.org #B4Stage4 #MHMonth2015

Learn the early warning signs. When you or someone close to you starts to experience the early warning signs of mental illness, knowing what these changes are will help to catch them early. Often times, parents, teachers and mentors are the first person to step in to support a person through these early changes. Learn the warning signs #B4Stage4 <http://bit.ly/1Agy9v3>

Just as everyone fits on a spectrum of health – ranging from poor to excellent – everyone fits on a spectrum of mental health. Identifying symptoms early can make it easier to treat and prevent more serious issues. Don't be afraid to ask for help, get #screened and start the conversation early: www.mhascreening.org #B4Stage4 #MHMonth2015

Treatment for mental illnesses varies for each individual. For some, seeing a therapist, taking medication, or peer support may be the right fit, but it's up to you to find the right treatment option that meets your needs, get informed about your choices and talk to someone you trust #B4Stage4 #MHMonth2015 <http://bit.ly/1Agy9v3>

Recovery is possible! It is important to remember that even though mental health conditions may require intensive, long-term treatment and a lot of hard work at Stage 4, people can and do recover and reclaim their lives. Learn more: <http://bit.ly/1Agy9v3> #B4Stage4 #MHMonth2015

Think of 5 people in your life (including yourself). At least 1 is struggling with a mental health condition. Support @MentalHealthAmerica and make mental health a priority in your life #B4Stage4 Get screened and start on the path to recovery www.mhascreening.org #MHMonth2015

www.mentalhealthamerica.net/may



facebook.com/MentalHealthAmerica

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#B4Stage4 #MHMonth2015

