

SOCIAL POSTS

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DOWNLOAD THE TOOLKIT:

- Celebrate Mental Health Month! Download the #4mind4body toolkit and share to spread awareness bit.ly/MayMH #MHM2018
- It's Mental Health Month! Download this year's toolkit & share with others to spread awareness about #mentalhealth: bit.ly/MayMH #MHM2018 #4mind4body

FACTS/LEARN MORE:

- Sleep plays a role in all aspects of our life and overall health. Sleep disturbances can also be a sign of a #mentalhealth condition. Help us raise awareness this #mentalhealthmonth by sharing your #4mind4body sleep tips: bit.ly/MayMH #MHM2018
- Recent research is connecting your gut health with your #mentalhealth. Learn more about how your gut may be more important than you think: bit.ly/MayMH #MHM2018 #4mind4body
- Did you know #health and #mentalillness are linked? Learn more about the connection between your body and your mind this #mentalhealthmonth #4body4mind: bit.ly/MayMH #MHM2018
- Paying attention to both your physical and mental health can help you achieve overall wellness and set you on a path to recovery. Learn more about the brain-body connection #4mind4body: bit.ly/MayMH #MHM2018
- Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy. Learn more about the brain-body connection #4mind4body: bit.ly/MayMH #MHM2018
- #DYK that yoga is one of the most effective forms of exercise for people with #schizophrenia? Learn more about the brain-body connection #4mind4body this month! [Bit.ly/MayMH](http://bit.ly/MayMH) #MHM2018
- #Sleep problems affect 50-80% of people under the care of a psychiatrist compared to 10-18% of the general population. Learn more about the brain-body connection #4mind4body: bit.ly/MayMH #MHM2018

TAKE THE CHALLENGE:

- I'm doing the #4body4mind challenge for #mentalhealthmonth. Will you?: bit.ly/MHACHallenge #MHM2018
- Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Take the #4mind4body challenge for #mentalhealthmonth to start your road to wellness: bit.ly/MHACHallenge #MHM2018
- Do you have the guts to take on the #4body4mind challenge for #MentalHealthmonth? Learn more about how you can use these small changes to improve your overall mental health and well-being! bit.ly/MHACHallenge #MHM2018
- Take the #4mind4body challenge to increase your mental and physical wellness in celebration of #MentalHealthMonth! bit.ly/MHACHallenge #MHM2018 #4mind4body
- Don't sleep on it! Take the #4mind4body challenge to improve your overall #wellness through physical and mental health exercises at bit.ly/MHACHallenge #MHM2018

FACEBOOK/INSTAGRAM

DOWNLOAD THE TOOLKIT:

- Join @Mentalhealthamerica during Mental Health Month in increasing awareness of the connection between physical and mental health. Download the complete toolkit, featuring facts sheets with infographics, social media images, and more from bit.ly/MayMH #MHM2018 #4mind4body
- We need to speak up early and educate people about physical health and its connection to mental illness—and do so in a compassionate, judgement-free way. Download the #MHM2018 toolkit: bit.ly/MayMH #4mind4body #b4stage4

- Did you know that there are links between physical health conditions like heart disease and #mentalhealth problems? Download the #4mind4body toolkit and learn more! bit.ly/MayMH #MHM2018

FACTS/LEARN MORE:

- What does your gut have to do with #mentalhealth? A lot, actually! Studies show that the bacteria found in your gastrointestinal tract can be a huge mood influencer. Learn more about #4body4mind this #mentalhealthmonth: bit.ly/MayMH #MHM2018
- Why talk about #sleep during Mental Health Month? It's important to educate ourselves and others about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or how these could be signs of mental health problems themselves. Learn more about how you can take care of your "fitness" #4body4mind: bit.ly/MayMH #MHM2018
- Health and wellness are hot topics, but did you know a healthy lifestyle can help to prevent the onset or worsening of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems? It can also help people recover from these conditions. Learn about the mind-body connection with this year's #MHM2018 fact sheets: bit.ly/MayMH
- Getting the appropriate amount of exercise benefits nearly all aspects of a person's health. Not only does exercise help control weight, it also improves mental health, and chances of living longer and healthier. Prevention and early identification for #mentalhealth conditions also includes caring for your physical health. Learn more about how you can take care of your "fitness" #4body4mind: bit.ly/MayMH #MHM2018
- Sleep plays a role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. Sleep disturbances can also be a sign of a #mentalhealth condition. Help us raise awareness this #mentalhealthmonth by sharing your #4mind4body sleep tips: bit.ly/MayMH #MHM2018
- #B4Stage4 means advocating for prevention strategies like screening and integrated health care to address mental health before it gets to the point of crisis. Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. Learn more about how caring for your physical health contributes to overall improved mental health: bit.ly/MayMH #MHM2018 #4body4mind

TAKE THE CHALLENGE:

- I'm doing the #4body4mind challenge for #mentalhealthmonth. Will you?: bit.ly/MHACHallenge #MHM2018
- We know that change sucks. It's hard and sometimes it can feel like an uphill battle when you are dealing with a #mentalillness. But living a healthy lifestyle can be achieved by gradually making small changes and building on those successes. Take the #4body4mind challenge to raise awareness about mental and physical health for #MHM2018!: bit.ly/MHACHallenge
- Take the #4mind4body challenge to increase your mental and physical wellness in celebration of #MentalHealthMonth! bit.ly/MHACHallenge #MHM2018 #4mind4body

HASHTAGS

- #MHM2018
- #4mind4body
- #mentalhealthmonth

LINKS

- bit.ly/MayMH
- bit.ly/MHACHallenge

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