








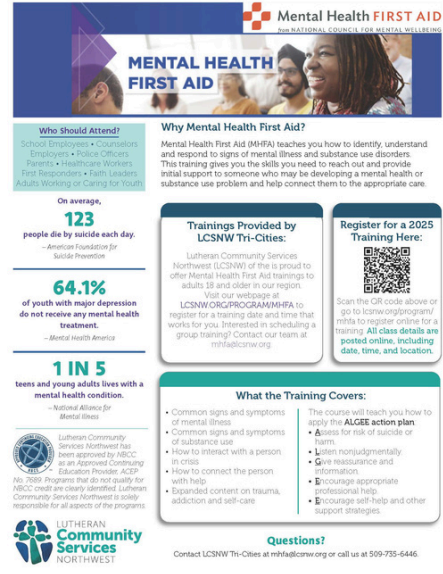





# MENTAL HEALTH AWARENESS MONTH

## SOCIAL MEDIA PLANNER





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4/30	5/1	5/2	5/3	
		<p>Social Media Post:</p> <p>All of us are familiar with going to the doctor for routine check-ups. Checking in on your mental health is just as important!</p> <p>These mental health check-ups are quick &amp; easy. Ask yourself these questions on a regular basis to help you stay in tune with your emotions, stay grounded, and recognize early signs of stress.</p> <div style="text-align: center;">  </div>	<p>Social Media Post:</p> <p>WELCOME and Shoutout to Agency Partners</p> <p>Join the movement by encouraging buildings in our community to light up green in support of mental health awareness. Together, let's shine a light on mental health and show our support for those affected.</p> <div style="text-align: center;">  </div>	<p>Social Media Post:</p> <p>We're sharing 31 ways you can build bridges and create connections in your community this month.</p> <p>#mentalhealthmatters #makeconnections #getinvolved</p> <div style="text-align: center;">  </div>	<p>Social Media Post:</p> <p>May is Mental Health Awareness Month. You matter and help is available! Take a moment to check in on someone and show them you care.</p> <p>Wear green every Friday to support MHAM</p> <div style="text-align: center;">  </div>	<p>Social Media Post:</p> <p>This Mental Health May, remember: you're not alone. Reach out, speak up, and seek support. Organizations like Teen Link, Native and Strong Life, The Trevor Project, and the National Suicide Prevention Lifeline (988) are here for you. Let's prioritize our mental health together. ❤️</p> <p>#MentalHealthMay #YouMatter #SupportIsHere</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div>

# MENTAL HEALTH AWARENESS MONTH SOCIAL MEDIA PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 / 4	5 / 5	5 / 6	5 / 7	5 / 8	5 / 9	5 / 10
<p>Social Media Post:</p> <p>Life can be challenging, and sometimes it's hard to know #WhereToStart when you're experiencing symptoms of a mental health condition. You don't have to start alone: take a free mental health test at <a href="https://mhascreening.org">mhascreening.org</a>  #MentalHealthMonth</p> 	<p>Social Media Post:</p> <p>ESD</p> <p>May is Mental Health Awareness Month. It's a time to raise awareness, reduce stigma, and open up conversations about mental health. Mental health affects us all—whether it's dealing with stress, anxiety, or supporting a loved one. Let's remind ourselves and each other that it's okay to not be okay, and reaching out for help is a sign of strength. Every Monday this month we will share facts, tips, and resources to encourage a world where mental health is treated with the same care and attention as physical health. Together, we can break the stigma.</p>	<p>Social Media Post:</p> <p>Many of us have experienced a loved one in crisis, where we didn't quite know how to help. Attending a Mental Health First Aid (MHFA) training is a great way to feel equipped and empowered the next time you encounter someone who is struggling. Sign up for a free, local MHFA training at <a href="https://lcsnw.org/program/mhfa">lcsnw.org/program/mhfa</a>.</p> 	<p>Social Media Post:</p> <p>On this Wellness Wednesday, during Mental Health Awareness Month, take a moment to prioritize self care as an essential part of your overall well-being.</p> 	<p>Social Media Post:</p> <p>Mental Health Awareness Month Tip...Create a calm space!</p> <p>Here's a few ways to make your space peaceful:</p> <p>Declutter-A tidy place can help clear mental fog.</p> <p>Create comfort-Think candles, soft lighting, cozy blankets and a few plants.</p> <p>Make your bedroom sleep friendly-Make your bedroom a no phone zone. Consider adjusting temperature, light and noise in your room.</p> <p>Make your space yours-Whether it's a reading nook, a comfy chair by the window, a yoga mat in the corner, make it a space that feels nourishing a safe.</p>	<p>Social Media Post:</p> <p>Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness-it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have mental illness.</p> <p>Self-care means taking the time to do the things that help you live well and improve both your physical health and mental health. This can help manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.</p> 	<p>Social Media Post:</p> <p>Youth-led 'Find Your Good' encourages healthy coping over substance use. Engaging in positive activities boosts mental health and promotes well-being. Find your passion. Find your strength. Find your Good.</p> 





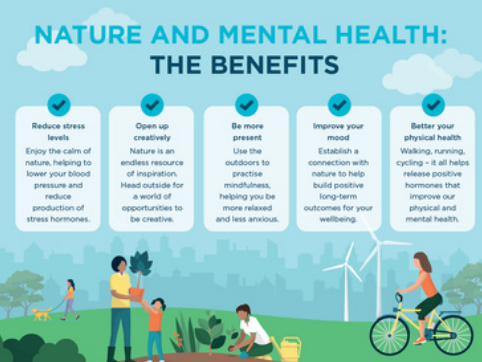
# MENTAL HEALTH AWARENESS MONTH

## SOCIAL MEDIA PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5 / 1 1</p> <p>Social Media Post:</p> <p>Life can be challenging, and sometimes it's hard to know #WhereToStart when you're experiencing symptoms of a mental health condition. You don't have to start alone: take a free mental health test at <a href="https://mhascreening.org">mhascreening.org</a>  #MentalHealthMonth</p> 	<p>5 / 1 2</p> <p>Social Media Post:</p> <p>ESD 123 - Jamie</p> <p>Looking for support or services in Benton or Franklin County? The Benton/Franklin Resource Hub is a comprehensive, easy-to-use document. This resource is updated every month to ensure the information stays current and reliable. Access the hub here: <a href="https://docs.google.com/spreadsheets/d/1zX2sGLVUZDpg8ZU4QaMyGjXqV4PtOpF7dSTPs96tlg/edit?usp=sharing">https://docs.google.com/spreadsheets/d/1zX2sGLVUZDpg8ZU4QaMyGjXqV4PtOpF7dSTPs96tlg/edit?usp=sharing</a> Please feel free to share this with your networks to help connect others with the support they may need.</p>	<p>5 / 1 3</p> <p>Social Media Post:</p> <p>When you're feeling overwhelmed or anxious, it's more important than ever to stay grounded. This simple grounding technique can help you stay centered and calm. It only takes a minute, and it can help you feel like you're back in control!</p> 	<p>5 / 1 4</p> <p>Social Media Post:</p> <p>On this Wellness Wednesday, we are reminded that taking time for ourselves is not a luxury-it's an important form of self-care. During Mental Health Awareness Month, let's practice the power of pausing, recharging, and making space for our own well-being.</p> 	<p>5 / 1 5</p> <p>Social Media Post:</p> <p>Today is Mental Health Action Day!</p> <p>Mental Health is health. Whether it's reaching out to a friend, make an appointment with a therapist, taking a break, or just saying "I'm not okay," every step counts.</p> <p>Here are 3 action you can take today:</p> <p>Check in with yourself-How are you really feeling?</p> <p>Text or call someone you care about-Let them know they're not alone.</p> <p>Do one thing that nourishes your mind-reading, journaling, taking a walk, breathe, rest.</p> <p>Visit <a href="https://mhanational.org">mhanational.org</a> to find out more about how you can take action to support mental health efforts</p>	<p>5 / 1 6</p> <p>Social Media Post:</p> <p>There's a cliché that goes "you can't give what you don't have." This is also why you have to take care of yourself to be able to take care of others, including the people you love. When we say take care of yourself, we mean your overall health, including your mental health, which entails your psychological, emotional, and social welfare. It affects how you feel, think, behave, make decisions, and connect with others.</p>	<p>5 / 1 7</p> <p>Social Media Post: Let's talk about something important: vaping and its potential impact on the mental health of our youth. While often perceived as a harmless trend, emerging research suggests a concerning link between vaping and increased risks of anxiety, depression, and stress among young people. The nicotine in e-cigarettes can disrupt brain development and may exacerbate existing mental health challenges. Understanding the facts can empower youth to make healthy decisions. To learn more go to <a href="https://washingtonbreathes.org">washingtonbreathes.org</a></p> 




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## SOCIAL MEDIA PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5 / 1 8</p> <p>Social Media Post:</p> <p>Taking a mental health test is one of the easiest ways to start working on your mental health. Get screened at <a href="https://mhascreening.org">mhascreening.org</a>  #MentalHealthMonth #WhereToStart</p> 	<p>5 / 1 9</p> <p>Social Media Post:</p> <p>ESD</p> <p>There are many misconceptions about mental health that can create stigma and prevent people from seeking help. Let's set the record straight.</p> <p>Myth: Mental health problems are rare.</p> <p>Fact: 1 in 5 adults experience a mental health condition each year. It's more common than many people realize.</p> <p>Myth: You can just "snap out of it."</p> <p>Fact: Mental health conditions are not a result of personal weakness or a lack of willpower. They are medical conditions that often require professional treatment and support—just like physical health conditions.</p> <p>Let's break the stigma by sharing facts and encouraging open conversations about mental health. Everyone deserves support and understanding. Find more facts like the ones above at <a href="https://www.nami.org/mhstats">www.nami.org/mhstats</a></p>	<p>5 / 2 0</p> <p>Social Media Post:</p> <p>When it feels like the news cycle never stops and things are uncertain, it's important to practice self-compassion. When your mind won't stop playing the "what if?" game on repeat, here are some tips to practice self-care and to bring yourself back into the present moment.</p> 	<p>5 / 2 1</p> <p>Social Media Post:</p> <p>This Wellness Wednesday, remember that taking time for yourself includes prioritizing quality sleep—one of the most powerful forms of self care. During Mental Health Awareness Month, give yourself permission to rest, recharge, and embrace the power of a good night's sleep.</p> 	<p>5 / 2 2</p> <p>Social Media Post:</p> <p>Mental Health Matters-And So Do the Causes Behind it! What causes do YOU care about that connect to your mental well-being?</p> <p>Whether it's:</p> <ul style="list-style-type: none"> <li>• Fighting for racial or gender equity</li> <li>• Supporting survivors of abuse</li> <li>• Combating climate change</li> <li>• Making therapy more affordable and accessible</li> </ul> <p>Every one of these causes has a ripple effect on mental health.</p> <p>How you can support mental health causes today:</p> <ul style="list-style-type: none"> <li>• donate to local organizations</li> <li>• Use your voice amplify underrepresented communities</li> <li>• Educate yourself and others</li> <li>• Check in with friends, family and coworkers</li> <li>• Volunteer your time and skills</li> </ul>	<p>5 / 2 3</p> <p>Social Media Post:</p> <p>Turn Your Struggles into Strength!</p> <p>Every challenge you've faced has shaped you into who you are today. By embracing and sharing your experiences, you empower others to do the same. Together, we create a movement of courage, healing, and connection.</p> 	<p>5 / 2 4</p> <p>Social Media Post:</p> <p>Spending quality time in the great outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression. Get outside, go for a walk, a hike, a bike ride, or simply sit outside!</p> 

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 / 2 5	5 / 2 6	5 / 2 7	5 / 2 8	5 / 2 9	5 / 3 0	5 / 3 1
<p>Social Media Post:</p> <p>Seeking professional help for your mental health is a sign of strength. If you're struggling to figure out #WhereToStart, Mental Health America's free, anonymous mental health screen is here to help. After you take the test, you'll receive resources to help you take the next step. Take a free mental health test at <a href="https://mhascreening.org">mhascreening.org</a>  #MentalHealthMonth</p> 	<p>Social Media Post: ESD</p> <p>Your mental well-being is just as important as your physical health. This Mental Health Awareness Month, take a moment to check in with yourself and try a few of these simple ways to support your mind and heart:</p> <ul style="list-style-type: none"> <li>• Get enough sleep</li> <li>• Take breaks and breathe deeply</li> <li>• Move your body (even a short walk counts!)</li> <li>• Talk to someone you trust</li> <li>• Say no when you need to</li> <li>• Eat nourishing foods</li> <li>• Limit screen time and social media</li> <li>• Make time for joy and hobbies</li> <li>• Practice kindness—to yourself and others</li> <li>• Don't be afraid to ask for help</li> </ul> <p>Remember: You are not alone. Taking care of your mental health is a sign of strength, not weakness.</p>	<p>Social Media Post:</p> <p>Grief isn't always just about losing someone. We can grieve all kinds of losses, and all of them are valid. It is important to have grace with yourself while you are grieving. Everyone is different, and everyone experiences the five stages of grief differently. No matter the type of loss you're facing, remember:</p> <ul style="list-style-type: none"> <li>• It's okay to cry</li> <li>• It's okay to be angry</li> <li>• It's okay to rest</li> <li>• It's okay to talk about it</li> <li>• YOU ARE NOT ALONE</li> </ul> 	<p>Social Media Post:</p> <p>This Wellness Wednesday, embrace the power of a positive mindset as a key part of your wellness journey. Shifting your focus to gratitude, hope, and self-compassion can uplift your mood and build emotional resilience. During Mental Health Awareness Month, let's celebrate the strength found in positivity and the impact it has on our overall well-being</p> 	<p>Social Media Post:</p> <p>Mental Health Tip-Make a list of your strengths!</p> <p>Sometimes we're so focused on what's wrong, that we overlook what we're doing right.</p> <p>Take 5 minutes to write down your strengths, big or small. Are you a great listener? Creative thinker? kind, organized, funny?</p> <p>Seeing your strengths on paper is a powerful reminder of what you bring to the world.</p>	<p>Social Media Post:</p> <p>10 Things You Can Do for Your Mental Health:</p> <ol style="list-style-type: none"> <li>1.Value Yourself.</li> <li>2.Take care of your body.</li> <li>3.Surround yourself with good people.</li> <li>4.Give and receive to yourself and others, unapologetically.</li> <li>5.Set realistic goals.</li> <li>6.Learn new ways to manage stress.</li> <li>7.Do something different.</li> <li>8. Avoid substances.</li> <li>9.Quiet your mind.</li> <li>10.Get help when you need it.</li> </ol>	<p>Social Media Post:</p> <p>Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and your overall health. Set aside 10 minutes each day, and enjoy the benefits!</p> 