**New Directions: Mental Health Month – Social Media Post 2021**

Follow along, share or post on your own social media page. #NDBH #CheckIn #MentalHealthMonth

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1. ***Share this video***

This May, join us to raise awareness and **STOP** the stigma associated with mental health. #CheckIn on those you care about. Your friends, family, co-workers and yourself. You are not alone.

<https://vimeo.com/402953554>

1. ***Use the “#CheckIn” GIF***

#CheckIn #NDBH #MentalHealthMonth

<https://www.ndbh.com/Content/Images/MMH/downloads/GIF-Check%20In.gif>

1. ***Share the “Falling Asleep with Anxiety” tip sheet***

Are you having troubles falling asleep? It may be a good time to #CheckIn on your mental health. Experts note there’s significant overlap between symptoms of insomnia, anxiety and other mood disorders.

<https://www.ndbh.com/Content/Images/MMH/downloads/Falling%20Asleep%20With%20Anxiety%20Tip%20Sheet.pdf>

1. ***Share the “Loneliness” article***

49% of American adults feel as though they lack companionship. Learn some ways to kick that lonely feeling and #CheckIn on those around you.

<https://www.ndbh.com/Content/Images/MMH/downloads/01_Draft_2021-02-23_CMPG%20MHM%20%20loneliness%20article%20-%20ND%20-%202021.pdf>

1. ***Use the “Break the Stigma” GIF***

#CheckIn #NDBH #MentalHealthMonth

<https://www.ndbh.com/Content/Images/MMH/downloads/GIF-MHM-1.gif>

1. ***Use the “Get Help…” poster***

#CheckIn on how you’re feeling today and reach out for help if you need it. There’s no shame in taking care of YOU.

<https://www.ndbh.com/Content/Images/MMH/downloads/Get%20Help%20Poster.pdf>

1. ***Share the “First Counseling Session” tip sheet***

Appointment confirmed! Starting counseling for the first time? Learn more about what to expect and how to be prepared. #CheckIn on yourself.

<https://www.ndbh.com/Content/Images/MMH/downloads/Your%20First%20Counseling%20Session%20Article.pdf>

1. ***Share “Katie’s Story” article***

“Part of recovery is understanding that seeking out help is not a sign of weakness. I am stronger today than I was yesterday.” #CheckIn on your friends.

<https://www.ndbh.com/Content/Images/MMH/downloads/Personal%20Story%20Article.pdf>

1. ***Use “MDE” poster***

#CheckIn on your kids.

<https://www.ndbh.com/Content/Images/MMH/downloads/Major%20Depressive%20Episode%20Poster.pdf>

1. ***Use the “What to Say” poster***

#CheckIn on your loved ones.

<https://www.ndbh.com/Content/Images/MMH/downloads/What%20to%20Say%20Poster.pdf>

1. ***Use the “47 Million” GIF***

People aren’t getting the help they need. Let’s break the stigma. #CheckIn on those around us.

<https://www.ndbh.com/Content/Images/MMH/downloads/47%20Million%20Poster.pdf>

1. ***Share the “Positive Self-Talk” tip sheet***

You have the power to change your internal dialogue. Swap negative thoughts for positive self-talk. Remind yourself, “Today, I am doing the best that I can.” #CheckIn on your mental health.

<https://www.ndbh.com/Content/Images/MMH/downloads/Positive%20Self%20Talk%20Article.pdf>

1. ***Share the “Substance Use” article***

If you or someone you know is struggling with substance use, reach out for help. Talk to your doctor or a behavioral health professional about which treatment is best for you. #CheckIn if you notice signs of substance misuse.

<https://www.ndbh.com/Content/Images/MMH/downloads/Substance%20Use%20Article.pdf>

1. ***Use the “Warning Signs” poster***

Prioritizing your mental health is important all the time but when is it time to ask for help? #CheckIn on those who may be struggling.

<https://www.ndbh.com/Content/Images/MMH/downloads/Warning%20Signs%20Poster.pdf>