We encourage you to incorporate the following graphics in your social media posts to help spread awareness during the month of May. Click on an image to download. Links are included where applicable.

**MENTAL HEALTH MONTH**

Hashtags: #MHM2021, #MentalHealthMonth

[Image of graphics]

**WEBINAR SERIES**

These graphics are time sensitive. Please post by the dates provided below.

Hashtags: #MHM2021, #MentalHealthMonth


Post no later than May 4
Post no later than May 11
Post no later than May 18
Post no later than May 25
FOX CITIES MIND YOUR WELLNESS SURVEY

We need your help! Our goal is 32,000 surveys completed by adults in the Fox Cities. Please spread the word by sharing these materials or by simply providing the survey link to your network. Thank you!

Survey Link: https://mcwisc.co1.qualtrics.com/jfe/form/SV_6RSOrarwWGiwxp3

8.5 x 11 Flyer with QR Code

Social Media

Survey Logo

STRONG MINDS 4 MEN

Hashtags: #StrongMinds4Men, #SM4M, #MHM2021

Link to: https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9400

Link to: https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9408

Link to: https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9459
NATIONAL CAMPAIGN GRAPHICS

NAMI - National Alliance on Mental Illness
Hashtags: #MHM2021, #NotAlone
Link to: nami.org/mentalhealthmonth

MHA - Mental Health America
Hashtags: #MHM2021, #Tools2Thrive
Link to: mhanational.org/may

SAMPLE LANGUAGE - to supplement social media posts

- Mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable.
- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- The COVID-19 pandemic has had profound impacts on the mental health of people of all ages, and now more than ever it is critical to reduce the stigma around mental health struggles that commonly prevent individuals from seeking help.
- There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with.
- Knowing when to turn to friends, family, and co-workers when you are struggling with life’s challenges can help improve your mental health.