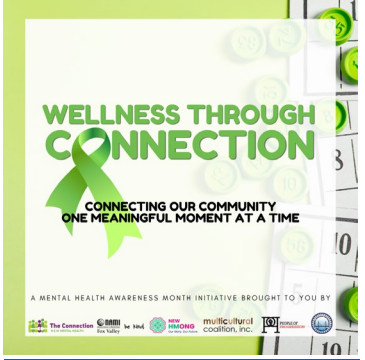

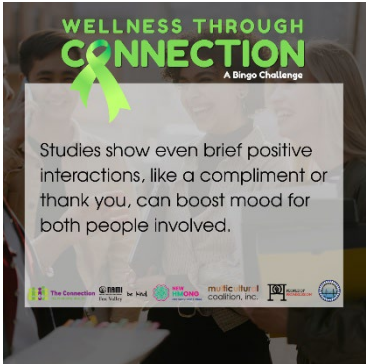
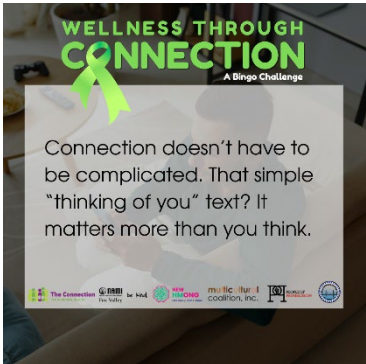


Wellness Through Connection Bingo Challenge: Social Media Toolkit

Thank you for helping spread the word about the Wellness Through Connection Bingo Challenge! We encourage you to share these social media posts, help distribute the bingo card, and invite your community to get involved. By clicking on each graphic in this toolkit, you will be taken to an image that you can right-click and save for use on your own social media channels. Thank you for being part of this community effort to promote connection, mutual aid, and mental wellness.

| | |
|---|---|
|  <p>The graphic features the title "WELLNESS THROUGH CONNECTION" in large green letters, with a green ribbon forming the letter "O". Below it, the subtitle reads "CONNECTING OUR COMMUNITY ONE MEANINGFUL MOMENT AT A TIME". At the bottom, it says "A MENTAL HEALTH AWARENESS MONTH INITIATIVE BROUGHT TO YOU BY" followed by logos for The Connection, Be Mind, NEW MINDS, multicultural coalition, inc., and P1. The background is a light green grid with numbers 10, 3, 0, and 10.</p> | <p>This Mental Health Awareness Month, we're inviting YOU to reconnect with yourself, your loved ones, and your community.</p> <p>Introducing the Wellness Through Connection Bingo Challenge ♥</p> <p>Each square is a simple act of connection, because even small moments can have a big impact on mental health.</p> <ul style="list-style-type: none">✓ Check in on a neighbor✓ Share a positive memory✓ Ask someone to go for a walk✓ Listen without interrupting <p>Complete your bingo card throughout the month of May for a chance to win a prize!</p> <p>✨ Start here: 👉 www.newmentalhealthconnection.org/mham-2026-bingo</p> <p>Together, we're building stronger connections, one square at a time.</p> |
|  <p>The graphic is similar to the one above but features a text overlay. The text reads: "When we listen without interrupting, or trying to 'fix', we create space for real connection." The background shows a blurred image of people sitting at a table.</p> | <p>Sometimes the most powerful thing you can say... is nothing at all.</p> <p>Research shows that feeling heard can significantly reduce stress and improve emotional well being. When we listen without interrupting, or trying to "fix", we create space for real connection.</p> <p>Today, try:</p> <ul style="list-style-type: none">👂 Listening fully💬 Reflecting back what you hear |

| | |
|---|--|
| | <p>♥ Validating how someone feels</p> <p>You don't need the perfect response, just your presence.</p> <p>✓ If you practiced this today, mark it off your Wellness Through Connection bingo card.</p> <p>Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!</p> |
|  | <p>Small moments of kindness aren't small at all.</p> <p>Studies show that even brief positive interactions, like a compliment or thank you, can boost mood for both people involved.</p> <p>Today, try:</p> <ul style="list-style-type: none"> ✨ A genuine compliment 👤 Thanking someone who often goes unnoticed ♥ Reminding someone they matter <p>These moments ripple farther than you think.</p> <p>✓ Check it off your bingo card if you made someone's day a little brighter.</p> <p>Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!</p> |
|  | <p>A quick message can mean everything.</p> <p>People often underestimate how much others appreciate being reached out to. That simple "thinking of you" text? It matters more than you think.</p> <p>Today, try:</p> <ul style="list-style-type: none"> 📱 Sending a quick check-in 📞 Calling someone you haven't talked to in a while 💬 Sharing encouragement <p>Connection doesn't have to be complicated.</p> <p>✓ Sent a message? Mark it off your bingo card!</p> |

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!



Connection grows in shared moments.

Spending time together, even something simple like a walk or coffee, has been linked to lower anxiety and stronger relationships.

Today, try:

- ☕ Inviting someone for coffee
- 🚶 Going for a walk together
- 🍽 Sharing a meal

It's not about what you do, it's who you're with.

✓ If you spent time connecting today, mark your bingo square!

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!



Connection gets stronger when we're real with each other.

Research shows that sharing our own experiences can reduce stigma and help others feel less alone.

Today, try:

- 🗨 Opening up about something you've been carrying
- 🤝 Asking for help (and allowing it!)
- 🤝 Reminding someone they're not alone

Vulnerability builds bridges.

✓ Took a step toward openness? Mark it off your bingo card.

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!



We're stronger when we show up for each other.

People who engage in community activities report a greater sense of belonging and improved mental health.

Today, try:

- 🌐 Attending a local event
- 👏 Volunteering your time
- 📌 Sharing a community resource or need

Connection builds healthier communities.

✓ Got involved? That's a bingo square!

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!



Kindness is contagious and powerful.

Acts of kindness have been shown to increase happiness and even reduce symptoms of depression.

Today, try:

- 📝 Writing a thank you note
- 📦 Doing something kind without expecting anything back
- ✂ Helping someone with a small task

It doesn't have to be big to matter.

✓ Did you spread kindness today? Mark your bingo card!

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!



Connection starts close to home.

Checking in on a neighbor, friend, or family member can strengthen relationships and reduce feelings of isolation for both of you.

Today, try:

- 🏠 Checking in on someone nearby
- 👋 Welcoming someone new
- 🗨️ Asking how someone's really doing

You never know who needed that moment.

✓ Did this today? Mark your bingo square!

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!



Joy is better when it's shared.

Laughing with others and reminiscing about positive memories can boost mood and deepen connection.

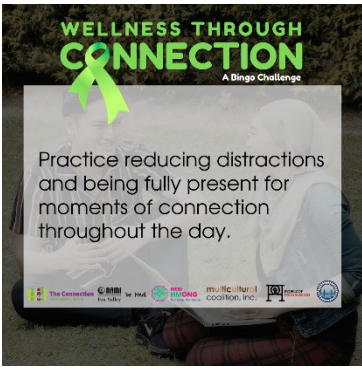
Today, try:

- 😄 Sharing a laugh
- 📷 Talking about a favorite memory
- 📖 Learning something new together

Connection isn't always deep. It can be joyful, too.

✓ Shared a moment of joy? Check it off your bingo card!

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!



Being present is one of the simplest ways to connect.

Even brief phone distractions can reduce the quality of conversations and connection.

Today, try:

- 📵 Putting your phone away during conversations
- 👁️ Making eye contact
- 🗨️ Being fully present

The message you send: "You matter right now."

✓ Practiced presence? Mark your bingo card!

Haven't started your bingo card yet? Head to www.newmentalhealthconnection.org/mham-2026-bingo to start connecting!

Campaign Closing Social Post



As Mental Health Awareness Month comes to a close, we want to thank everyone who participated in our Wellness Through Connection Bingo Challenge. Throughout the month, we focused on one simple but powerful message: connection matters.

Together, we explored small ways to build connection into everyday life through acts of kindness, mutual aid, self-care, reaching out to others, attending events, spending time outside, and creating moments of support in our homes and community. We heard from so many of you about how fun the bingo challenge was and how it helped you reconnect, try new things, and be more intentional about your mental wellness.

Whether you completed a few squares, got a bingo, or filled the whole card, every act of connection mattered.

If you got bingo and haven't let us know yet, there is still time! If you used a hard copy bingo card, you can notify us that you got bingo by using our Google Form: <https://forms.gle/Edcp6Wwii3uF12j97>. If you used an online card, just be sure that you've marked your squares and we'll be able to see your bingo automatically on our database.

Everyone who lets us know by May 31 that they got bingo will be entered into our raffle prize drawing. If you win the raffle, we'll let you know via email or phone.

As this month comes to an end, we hope these simple ways of connecting continue long after May. Send the text. Make the call. Ask for help. Offer support. Reach out. Because connection is one of the most powerful ways we care for ourselves and one another.

This campaign is brought to you through a community partnership between N.E.W. Mental Health Connection, NAMI Fox Valley, NEW HMong, People of Progression, Multicultural Coalition, Inc., and HMong American Partnership.

Thank you for helping us create a month full of compassion, community, and connection.