



HPW Mental Health and Suicide Prevention Month Social Media Messages to Share




Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of Mental Health and Suicide Prevention Month. Coordinate with your Public Affairs Office or local POC for social media to use these in your available communications channels.

Recommended Use Instructions:

- Select two messages from the list below to send out each week during Mental Health and Suicide Prevention Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting. Use your organization's preferred link shortening site if necessary.




Messaging

Post 1:




-  Have you checked out our Mental Health and Suicide Prevention Toolbox? We encourage you to use our resources to support the psychological health and emotional well-being of your fellow Sailors and Marines.
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-september.aspx>
-  We will share resources all month on Mental Health and Suicide Prevention. #MentalHealthMatters <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-september.aspx>
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<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-september.aspx>






Post 2:

-  Interested in meditation but not sure where to start? Our Relax Relax Toolkit has tracks you can listen to anywhere! <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/meditation.html>
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Post 3:

-  Fostering an environment free from the perceived negative attitudes that may be associated with seeking help is important for encouraging those who need support.
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/10TipsNavigatingStress.pdf>
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Post 4:

-  Knowledge about the risk factors for suicide can assist with prevention, identification of individuals at risk, and early intervention as well as save lives.
https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000031B_Suicide_Risk_Factors_Factsheet.pdf
-  Knowledge about the risk factors for suicide can save lives.
https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000031B_Suicide_Risk_Factors_Factsheet.pdf
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https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000031B_Suicide_Risk_Factors_Factsheet.pdf




Post 5:

-  Don't let a transition stress you out. Visit your Fleet and Family Support Center or call Military OneSource or the Military Crisis Line if you need help during this time.
<https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/posters/In-Transition-1.pdf>
-  Don't let a transition stress you out.
<https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/posters/In-Transition-1.pdf>
-  Don't let a transition stress you out. Visit your Fleet and Family Support Center or call Military OneSource or the Military Crisis Line if you need help during this time.
<https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/posters/In-Transition-1.pdf>

Post 6:




-  Get the facts on suicide with the "Suicide at a Glance" infographic.
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Suicide_Infographic.pdf
-  Get the facts on suicide with the "Suicide at a Glance" infographic.
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Suicide_Infographic.pdf
-  Get the facts on suicide with the "Suicide at a Glance" infographic.
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Suicide_Infographic.pdf

Post 7:

-  Don't wait to A.C.T. if you know someone who is in crisis. Learn more:
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/act-now.pdf>
-  Don't wait to A.C.T. if you know someone who is in crisis. Learn more:
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Post 8:

-  Most reactions to stress are normal and temporary. However, prolonged and intense stress may be slower to improve and more difficult to address if not taken care of properly. Help is available.
https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Stress-Poster_good_to_get_help.pdf
-  Prolonged and intense stress may be slow to improve and difficult to address if not taken care of properly. https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Stress-Poster_good_to_get_help.pdf
-  Most reactions to stress are normal and temporary. However, prolonged and intense stress may be slower to improve and more difficult to address if not taken care of properly. Help is available.
https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Stress-Poster_good_to_get_help.pdf