



Social Media Messages: WII and Depression

Below are 10 ready-to-use social media messages developed to use on Twitter, Facebook, and Plan of the Day/Week messages. Coordinate with your local POC for social media to use these in your communications channels. Generally, this will be through the Public Affairs Office.

Recommended Use Instructions:

- Select one message from the list below to send out each day during the focus week (for more information, refer to the [Promotional Kit Instructions](#)).
- The same messages can be posted on all three communications channels.
- Copy and paste the message to post on Facebook, Twitter, or Plan of the Day/Week or send to your social media POC for posting.

Note: Links to recommended pictures are also provided. However, you may post without the picture, if you desire.

Twitter, Facebook and Plan of the Day/Week Messages:

1. Take AIM at #depression by being aware of the signs and symptoms.
<http://go.usa.gov/yNmW>
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Depression/WII_Depression_Guide.pdf>
#Warrior
Image Link: <http://www.marines.mil/Photos.aspx?igphoto=2000706634>
2. Dump #depression by getting physical. Exercise can improve your mood and help you sleep better.
Image link: <http://www.marines.mil/Photos.aspx?igphoto=2000715682>
3. A balanced diet may help promote a balanced mood. Eat right to take AIM at #depression. <http://go.usa.gov/yNmW>
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Depression/WII_Depression_Guide.pdf>
#depression
4. Dump #depression: Talk to someone you trust. <http://go.usa.gov/yNnC>
<<http://www.chaplain.navy.mil/>>



5. Dump #depression: Surround yourself with people important to you.
<http://go.usa.gov/yNmW>
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Depression/WII_Depression_Guide.pdf>
6. Learn from guys like Capt Todd Kruder - Seeking help for #depression may help your career and save your life. <http://go.usa.gov/yRJk>
<[http://www.dcoe.mil/blog/13-12-04/How I Overcame the Stigma of Mental Illness and Saved My Life.aspx](http://www.dcoe.mil/blog/13-12-04/How_I_Overcame_the_Stigma_of_Mental_Illness_and_Saved_My_Life.aspx)>
7. Similar to physical wound healing, treatment for psychological stress may be challenging but ultimately worth it. <http://go.usa.gov/yRJG>
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Depression/WII_Depression_FactSheet.pdf>
8. Prioritize your psychological and physical health. Make an appointment with a mental health professional and commit to keeping it. #depression
9. Take a holistic approach to your recovery – mind, body, and spirit all work together.
<http://go.usa.gov/yRJG>
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Depression/WII_Depression_FactSheet.pdf> #depression
10. Chat with your chaplain or consider an anonymous mental health screening if you are worried about confidentiality. <http://go.usa.gov/yRJG>
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Depression/WII_Depression_FactSheet.pdf>