

**Mental Health Week Social Media Banks**

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| Mental Health Week Pre-Promotion Social Posts |
| 1 in 5 Canadians experience a mental health issue in any given year, but ALL Canadians have #MentalHealth. Get ready to #GetLoud for CMHA #MentalHealthWeek May 7-13! [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| There is more to mental health than mental illnesses. Get ready to #GetLoud this May 7-13 for CMHA #MentalHealthWeek! Learn more at [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| Being mentally healthy means you feel good about life, you’re reaching your potential and you’re accomplishing your goals. Get ready to #GetLoud about what mental health really is May 7-13! [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| #MentalHealth is an important part of health. Get ready to #GETLOUD May 7-13 for CMHA’s 67th Mental Health Week! [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| We can all improve our #MentalHealth, just like our physical health. Get ready to #GETLOUD May 7-13 about what mental health really is. #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| #MentalHealthWeek is just around the corner! Get ready to #GetLoud about what #MentalHealth really is. It’s about everyone’s well-being. Learn more: [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| #MentalHealth is everybody’s issue! Are you ready to #GetLoud about what mental health really is? Learn more about #MentalHealthWeek at [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| When we’re mentally healthy, we enjoy our life and the people in it. Get ready to #GetLoud about what mental health really is this May 7-13! #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| Mental health is worth protecting, celebrating and promoting. Join us May 7-13 and #GETLOUD about what mental health really is! #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |

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| Mental Health Week Social Posts (May 7-13) |
| #MentalHealth is about more than having a #Mentalillness or not! We ALL have a state of mental health! #GetLoud with us for #MentalHealthWeek about what mental health really is [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| This year for #MentalHealthWeek, we’re getting even louder in support of #MentalHealthForAll. Join us and #GetLoud about what mental health really is! [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| This week is #MentalHealthWeek, and we’re asking you to #GetLoud about #MentalHealth! Check in on your #MentalHealth with our checklist [mentalhealthweek.ca/check-in-on-your-mental-health](https://mentalhealthweek.ca/check-in-on-your-mental-health/) |
| For #MentalHealthWeek, why not check in on your own #MentalHealth? [mentalhealthweek.ca/check-in-on-your-mental-health/](https://mentalhealthweek.ca/check-in-on-your-mental-health/) We ALL need to keep our #MentalHealth in mind. Join us and #GetLoud this week about what mental health really is.  |
| We all have a state of mental health, whether or not we have a mental illness. #GetLoud with us this week about what mental health really is! #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| You might feel well sometimes, and sometimes not. It’s all about your mental health. #GetLoud this week about what mental health really is #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| We ALL need to think about our mental health, just as we think about our physical health. Help us #GetLoud about what mental health really is! #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| Diet, exercise and rest – they impact your mental health, just like your physical health! #GetLoud about what mental health really is this #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| #MentalHealth affects our thoughts, our feelings and the things we do. #GetLoud about what mental health really is for #MentalHealthWeek [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |
| Your #MentalHealth: protect, promote and celebrate it. #GetLoud about what mental health really is for #MentalHealthWeek. You can learn more at [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)  |