

## Mental Health Awareness Month Social Media Plan

May 3<sup>rd</sup>

May is Mental Health Awareness Month. It is a month dedicated to raising awareness of mental illness and to educate the public about the realities of living with these conditions. Read more about Mental Health Awareness Month below and learn how you can help #BreakTheStigma.

<https://adaa.org/mental-health-awareness-month>

May 11<sup>th</sup>

Do you want to get involved in Mental Health Awareness Month? Take the CureStigma quiz and discover the role you can play in ending the stigma of mental illness. Click the link below to take the quiz.

<https://www.curestigma.org>

May 22<sup>nd</sup>

Did you know that 1 in 5 Americans experience a mental health condition during their lifetime? It may not have a direct impact on you, but it does have an impact on many people around the country. Even during times of social distancing, there are still things we can do to improve our mental health. Read about some of these tools below.

<https://www.mhanational.org/mental-health-month>

May 30<sup>th</sup>

The stigma surrounding mental illness is a battle that constantly needs fighting. Even though National Health Awareness Month is coming to an end, there are still things you can do. Read below to find some ways you can help fight the stigma of mental illness.

<https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma>