Mental Health Awareness Month Social Toolkit

Spread awareness for Mental Health Awareness Month by sharing #SeizeTheAwkward content on your own social media channels! We encourage you to use the social posts below as well as the social graphics we’ve created. You can also spread the word by sharing posts from @jedfoundation.

Additionally, we’d appreciate your support in amplifying our Each and Every Day Panel Discussion on Thursday, May 20th! Sample posts and graphics for this event can also be found below.

Suggested hashtags to use with your posts:
- #SeizeTheAwkward
- #MentalHealthAwarenessMonth
- #MentalHealthMatters
- #Tools2Thrive

The Jed Foundation’s Social Media: @jedfoundation
- Facebook
- Instagram
- Twitter

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Mental Health Awareness Month

Facebook:

Social Post Option 1:

In honor of #MentalHealthAwarenessMonth, we’re joining @jedfoundation to #SeizeTheAwkward and start a conversation about mental health! To learn more, visit www.jedfoundation.org/mental-health-awareness-month/.

Social Post Option 2:

May is #MentalHealthAwarenessMonth and we're joining @jedfoundation to #SeizeTheAwkward and start a conversation about mental health! We all have a role to play in supporting one another. To learn more, visit www.jedfoundation.org/mental-health-awareness-month/.

Instagram:
Social Post Option 1:

In honor of #MentalHealthAwarenessMonth, we’re joining @jedfoundation to #SeizeTheAwkward and start a conversation about mental health! We all have a role to play in supporting each other’s mental health.

Social Post Option 2:

May is #MentalHealthAwarenessMonth and we’re joining @jedfoundation to #SeizeTheAwkward and start a conversation about mental health! Follow @jedfoundation for tips and resources on how to take care of your mental health.

Twitter:

Social Post Option 1:

In honor of #MentalHealthAwarenessMonth, we’re joining @jedfoundation to #SeizeTheAwkward and start a conversation about mental health! To learn more, visit www.jedfoundation.org/mental-health-awareness-month/.

Social Post Option 2:

May is #MentalHealthAwarenessMonth and we’re joining @jedfoundation to #SeizeTheAwkward and start a conversation about mental health! We all have a role to play in supporting each other’s mental health.

Mental Health Awareness Month graphic:
Each and Every Day Virtual Panel

Facebook:

We look forward to joining @jedfoundation’s virtual panel to discuss the @mtv documentary *Each and Every Day* on Tuesday, May 20th from 6-7pm ET! The panel features award winning filmmakers Sheila Nevins and Alexandra Shiva. They’ll share about the film and the importance of highlighting conversations about suicide. To stream the documentary and sign up for the webinar, visit www.jedfoundation.org/each-and-every-day/.

Instagram:

We look forward to joining @jedfoundation’s virtual panel to discuss the @mtv documentary *Each and Every Day* on Tuesday, May 20th from 6-7pm ET! The panel features award winning filmmakers Sheila Nevins and Alexandra Shiva. They’ll share about the film and the importance of highlighting conversations about suicide. To stream the documentary and sign up for the webinar, visit @jedfoundation’s page.

Twitter:

We look forward to joining @jedfoundation’s virtual panel to discuss the @mtv doc *Each and Every Day* on Tues 5/20 from 6-7pm ET! To stream the documentary and sign up for the webinar, visit www.jedfoundation.org/each-and-every-day/.

Each and Every Day graphic:
The Jed Foundation (JED) Presents

Each and Every Day

A VIRTUAL PANEL DISCUSSION

Sheila Nevins
Award-Winning Filmmaker

Alexandra Shiva
Award-Winning Filmmaker

Saniya Soni
JED Storyteller

Janis Whitlock
Sr. Director, Knowledge & Advising, JED

Join us and award-winning filmmakers Sheila Nevins and Alexandra Shiva for a virtual panel to discuss their documentary Each and Every Day, a film exploration of youth mental health through the eyes of young people who have attempted suicide or have struggled with suicidal thoughts, and their messages of hope and healing. Registration gives you access to view the film and a chance to submit questions beforehand.

THURSDAY, MAY 20 | 6-7 pm ET