



Mental Health Awareness Month Social Media Tool Kit

Thank you for taking part in the Hall Goes Green campaign for mental health awareness this May. We've created sample text and graphics that make it easy for you to celebrate Mental Health Month by sharing information that helps normalize mental health conversations and encourages others to reach out and check in, so no one in Hall County feels alone.

We've provided cover photo and profile image graphics, along with sample images and captions that you can use as is, or feel free to spread the message in your own voice and style.

Don't forget to tag us on socials

We love seeing your posts and your support for Mental Health. Please tag us and our "Go Green" partners, NAMI Hall County and the Ryan Joiner Foundation.

Instagram: @reachout_hallco, @namihallga, @ryanjoinerfoundation

Facebook: @Reach Out – Hall County, @NAMI Hall County, @Ryan Joiner Foundation

Hashtag

#hallgoesgreen

COVER PHOTO AND PROFILE IMAGE

Download a new cover photo and profile image to upload onto your social media accounts for May.

Download, save, and upload to social media:

[Mental Health Month Cover Photo](#)

[Profile Image Option 1](#) | [Profile Image Option 2](#)

SOCIAL MEDIA CAPTIONS AND GRAPHICS

Post #1

May is Mental Health Awareness Month, and we are joining @United Way of Hall County's #HallGoesGreen campaign to help spread the word that mental health matters for all of us.

1 in 5 people will experience a mental health condition in any given year, and everyone is affected by mental health in some way. Your Mental Health Matters. ❤️ #hallgoesgreen

Learn more and find resources in Hall County: www.unitedwayhallcounty.org/reachout

Download, save, and share images on social media:

[Facebook Image](#) | [Instagram Image](#)

Post #2

Here is something worth saying out loud: It's Okay to Not be Okay. 🧡

Mental health challenges are more common than you might think. Reaching out, whether to a friend, a family member, or a professional, is a sign of strength. You are not alone, and help is available.

Take a moment this week to check in with yourself and someone you care about. A simple conversation can make a bigger difference than you know. #hallgoesgreen

Download, save, and share images on social media:

[Facebook Image](#) | [Instagram Image](#)

Post #3 – Schedule on May 19

♥♥♥ Join us in showing support for mental health by wearing green tomorrow, May 20.

And, we encourage anyone and everyone to participate in the Mental Health Awareness Walk on Wednesday, May 20 at 8:30 a.m. at First Baptist Church on Green Street.

Together, we can raise awareness, break the stigma, and remind one another that no one has to face this alone. Reach Out. You're Worth It. #hallgoesgreen

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[Facebook Image](#) | [Instagram Image](#)

Post #4

As May comes to a close, we want to say thank you. Thank you for joining @United Way of Hall County's #HallGoesGreen campaign, for wearing green, for showing up, and for helping spread the word that mental health matters in Hall County. ♥

The conversation we started this month is too important to stop here. Supporting mental health is a year-round commitment, and Reach Out is here every step of the way. Follow along for resources, information, and ways to get involved.

Reach Out. You're Worth It. #hallgoesgreen

Learn more at www.reachouthallcounty.org

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[Facebook Image](#) | [Instagram Image](#)