

Sample Tweets

May is #MHMonth2015! Download @mentalhealtham's toolkit to raise awareness & end the stigma about #mentalhealth <http://bit.ly/1Agy9v3>

Did you know that 50% of people who develop serious #mentalillness experience symptoms by age 14? #B4Stage4 #MHMonth2015 <http://bit.ly/1BUZLg>

#B4Stage4: natl campaign 2 identify #mentalhealth concerns & intervene early #GetScreened [mhascreening.org](http://bit.ly/1Agy9v3) <http://bit.ly/1Agy9v3>

Learn early warning signs of #mentalillness key 4 recovery=recognize issues & get help early #MHMonth2015 <http://bit.ly/1Agy9v3>

Support #B4Stage4 campaign & protect your #mentalhealth Check out @mentalhealtham's #MHMonth2015 toolkit #Prevention <http://bit.ly/1Agy9v3>

Embrace your #mentalhealth Identify issues early & make it easier 2 treat & prevent. mhascreening.org #B4Stage4 #MHMonth2015

Don't be afraid to ask 4 help, get #screened & start the conversation early: mhascreening.org #B4Stage4 #MHMonth2015

Learn the early warning signs of #mentalhealthconditions w/ @mentalhealtham's toolkit #MHMonth2015 <http://bit.ly/1Agy9v3>

Talk to someone & ask 4 help your #mentalhealth matters mhascreening.org #B4Stage4 #MHMonth2015

Therapy isn't the only treatment 4 #mentalhealthconditions. Learn more: <http://bit.ly/1Agy9v3> #GetInformed #MHMonth2015

Think of 5 ppl in your life @ least 1 is struggling with #mentalhealthcondition #starttheconversation #B4Stage4 <http://bit.ly/1Agy9v3>

Other ideas:

Tweet the tips from the Calendar each day!
Share infographics from the toolkit
Retweet @MentalHealthAm always

Use these hashtags to join the conversation:

#MHMonth2015
#B4Stage4
#mentalhealthawareness
#GetInformed
#GetScreened

www.mentalhealthamerica.net/may



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