**Mental Health Month: Social Media Calendar**

This May, to spread awareness and promote Mental Health, we encourage sharing all of the provided content to your city’s or organization’s social media profiles throughout the month. The files for each image can be found on our website for your use.

All of the content shown in this guide will be shared across San Mateo County Health’s social channels, which give the option to reshare as well.

*San Mateo County Health’s* social channels:

* [Facebook](https://www.facebook.com/SMCHealth)
* [Instagram](https://www.instagram.com/smchealth/)
* [Twitter](https://twitter.com/SMCHealth)

**Suggested Posting Schedule**Below is the content for each platform (Instagram, Facebook, and Twitter). Feel free to include additional hashtags catered to your city or organization.

**Instagram**

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| **April 28** | **May 1** |
| Screen Shot 2022-04-04 at 1.30.51 PM  <https://youtu.be/NbgPe84xw2A>  May is Mental Health Month and California’s theme this year is Take Action! That means takes action to improve your and your love ones’ mental health. Follow us throughout the month to learn more about how to take action for mental health.  For our full list of free and public events and mental health resources, visit smcmentalhealthmonth.org.  #SMCTakeAction4MH | 2022 MHM Flyer Instagram  May is #MentalHealthMonth! You can take action for mental health by finding out how to #CheckIn, #LearnMore, and #GetSupport for yourself or anyone you know who is in a mental health crisis. Visit smcmentalhealthmonth.org for local resources!  #SMCTakeAction4MH |
| **May 3** | **May 6** |
| A screenshot of a person holding a basketball  Description automatically generated with low confidence  For #MentalHealthMonth, you can take action for mental health by finding out how to #CheckIn on your mental health and the mental health of those you care about. Start a conversation to see how you can help or support yourself and others. Find out how at smcmentalhealthmonth.org  #SMCTakeAction4MH | [StarVista Post coming soon!] |
| **May 10** | **May 13** |
| **Picture1**  WYSA is our brand new wellness chatbot, available 24/7 to you for free, anytime, anywhere. It is anonymous and uses evidence-based cognitive-behavioral techniques (CBT) to respond to the emotions that you express.  WYSA has over 150+ self-care tools that cater to different areas of mental wellness! Create your non-judgmental safe space with WYSA!  Get your free subscription **[here](https://helpathandca.org/san-mateo/)**!   For info about Mental Health Month visit smcmentalhealthmonth.org.  #SMCTakeAction4MH | Graphical user interface, application, website  Description automatically generated  Here's another action you can take for #MentalHealthMonth: #LearnMore about mental health needs and explore the self-care, services, and supports available to help find a path forward. Visit smcmentalhealthmonth.org to get started. #SMCTakeAction4MH |
| **May 17** | **May 20** |
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| **May 31** |  |
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**Facebook**

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**Twitter**

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