Here are some sample social media posts that you and your organisation can use to support Mental Health Awareness Week 2018 and share the #AddressYourStress toolkit.

You can also follow us on [Facebook](https://www.facebook.com/MHFAEngland/), [Twitter](https://twitter.com/MHFAEngland/), [LinkedIn](https://www.linkedin.com/company/mental-health-first-aid-england-community-interest-company/), [Instagram](https://www.instagram.com/mhfaengland/) and [YouTube](https://www.youtube.com/channel/UC6sUrzHOW4q7NWXhdXPAhyw/featured).

|  |  |  |
| --- | --- | --- |
| Platform | Suggested text | Suggested image (click link to download)  |
| Twitter | 1 | It’s #MentalHealthAwarenessWeek. This year’s focus is #stress, with 1 in 6 adults in Britain experiencing stress-related depression, anxiety or health issues. Find ways to #AddressYourStress with @MHFAEngland’s #MHAW18 toolkit here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/) | [Stress stats GIF](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/Stress-Stats.gif) |
| 2 | Understanding what causes us stress and taking action to manage our stress levels is a key part of looking after our wellbeing. @MHFAEngland has decided to help #AddressYourStress this #MHAW18. Download the free toolkit here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/) | [Sources of stress graphic](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/Sources-of-stress-thumb.jpg) |
| 3 | Everyone feels stress from time to time, so it’s important to find ways to #AddressYourStress. This #MHAW18 @MHFAEngland has developed a free toolkit to help. Get yours here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/)  | [Signs to spot GIF](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/SignsToSpot.gif) |
| Facebook | 1 | Long-term stress can harm your health and wellbeing. This year’s Mental Health Awareness Week is focused on stress. @MHFAEngland has developed a toolkit to help you #AddressYourStress and find ways of coping with daily stressors. Download your free #MHAW18 toolkit here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/) | [Weekly wellbeing check-up graphic](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/wellbeing-checkup-thumb.jpg)  |
| 2 | Everyone feels stress from time to time, so it’s important to find ways to #AddressYourStress. This Mental Health Awareness Week @MHFAEngland is asking us to #AddressYourStress and has developed a free toolkit to help, Get yours here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/) | [What is stress graphic](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/What%20is%20stress.jpg) |
| 3 | #Stress can affect us mentally and physically, with 1 in 6 adults in Britain experiencing stress-related depression, anxiety or issues at any one time. This Mental Health Awareness Week, #AddressYourStress with @MHFAEngland’s toolkit packed with tips on how to better manage your stress. Get yours here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/) | [Stress stats GIF](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/Stress-Stats.gif) |
| LinkedIn | 1 | 1 in 6 adults in Britain will experience depression, anxiety or problems relating to stress at any one time. This Mental Health Awareness Week, @Mental Health First Aid (MHFA) England is offering ways to #AddressYourStress with a free toolkit. Get yours here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/) | [Stress stats GIF](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/Stress-Stats.gif) |
| 2 | Stress affects both our physical and mental health. This Mental Health Awareness Week @Mental Health First Aid (MHFA) England has developed a free toolkit to help #AddressYourStress, full of tips and ways to manage your stress. Get it here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/)  | [Sources of stress graphic](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/Sources-of-stress-thumb.jpg) |
| 3 | This Mental Health Awareness Week, understanding what causes us stress and taking action to manage our stress levels is a key part of looking after our wellbeing. @Mental Health First Aid (MHFA) England has decided to help you #AddressYourStress with a free toolkit, available to download here: [mhfaengland.org/mhfa-centre/campaigns/mhaw2018/](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/) | [Weekly wellbeing check-up graphic](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/wellbeing-checkup-thumb.jpg) |
| Instagram | 1 | Everyone feels stress from time to time, so it’s important to find ways to #AddressYourStress. This #MHAW18 @MHFAEngland has developed a free toolkit to help. Get yours at **mhfaengland.org** | [Self-care graphic](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/Self%20Care.jpg) |
| 2 | 1 in 6 adults in Britain will experience depression, anxiety or problems relating to stress at any one time. This Mental Health Awareness Week, @MHFAEngland offers ways to #AddressYourStress with their free toolkit. Get it at **mhfaengland.org** | [Signs to spot GIF](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/SignsToSpot.gif) |
| 3 | Understanding what causes us stress and taking action to manage our stress levels is a key part of looking after our wellbeing. @MHFAEngland has decided to help you #AddressYourStress with their free toolkit. Check it out at **mhfaengland.org** | [What is stress graphic](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/What%20is%20stress.jpg) |