

# May is Mental Health Matters Month Social Posts

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2024



*Reimagine*  
your  
mental health



# May is Mental Health Matters Month - Social Posting Guide

As we enter May Is Mental Health Matters Month, we invite you to join us in reimagining what mental health could look like for all Californians — and specifically for yourself and those you care about.

To help spread the word, we encourage sharing all of the provided content to your county or city's social media profiles throughout the month. The files for each image as well as a Word document that you can copy/paste the text can be found [here](#) for your use. Both the static JPEG and working (editable) files can be downloaded, if you would like to add your county/city logo or make any other customizations please use the working (editable) files.

All of the content shown in this guide will be shared across CalMHSA's Take Action for Mental Health social channels, which gives the option to reshare those as well.

## ***Take Action for Mental Health*** **social channels:**

- [Facebook](#)
- [Instagram](#)



# English & Spanish

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## MIMHM Social Posts



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# Post: May 1

May Is Mental Health Matters Month! Because your mental health is important — to every part of your life and to the communities you're part of.

Our theme for 2024 is "Reimagine Mental Health." All month, we'll bring you practical, effective ways to envision and reach your mental health goals.

¡Mayo es el Mes de la Salud Mental! Porque tu salud mental es importante para cada parte de tu vida y para las comunidades de las que formas parte.

Nuestro tema en 2024 es "Reimagina la salud mental". Todo el mes, te ofreceremos formas prácticas y efectivas de visualizar y alcanzar tus metas de salud mental.



Instagram/Facebook



# Post: May 8

Reimagining your mental health means setting goals and taking steps to reach them. To improve your mental health, what changes need to happen?

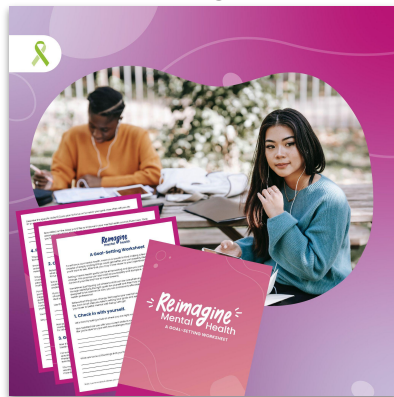
Writing things down can be a big help. So we created a goal-setting worksheet for you — with effective strategies and space to write down your goals, your obstacles, your “why,” and more. Download it here/(link in bio)

Reimaginar tu salud mental significa poner metas y dar los pasos adecuados para alcanzarlas. Para mejorar tu salud mental, ¿qué cambios deben ocurrir?

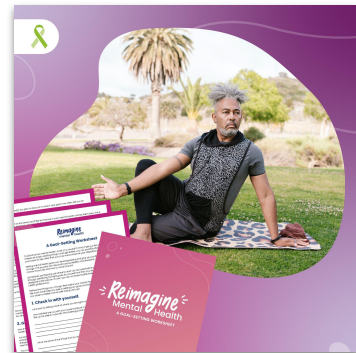
Escribir tus ideas puede ser muy útil. Así que creamos una hoja para ti, con estrategias efectivas y espacio para poner tus metas, obstáculos, motivos y más. Descárgala aquí /(enlace en la bio)



Instagram



Facebook



# Post: May 15

We're all on our own mental health journeys. And even if your path is going in the right direction — it's not always a straight line.

If you have goals for your mental health, start by figuring out where you are in your journey. Are you busy with other priorities, or already identifying the steps to take? Check out our Reimagine Mental Health sheet to find your stage and some tips for moving in the right direction. Download it [here](#)/(link in bio)

Todos seguimos nuestro propio camino de salud mental. Y hasta cuando tu camino va en la dirección correcta, no siempre es lineal.

Si tienes metas para tu salud mental, comienza por darte cuenta en qué parte de tu camino vas. ¿Estás ocupado con otras prioridades o ya estás identificando los pasos a seguir? Consulta nuestra hoja "Reimagina la salud mental" para darte cuenta en dónde vas y obtener algunos consejos para avanzar en la dirección correcta. Descárgala [aquí](#)/(enlace en la bio)



Instagram



Facebook



# Post: May 22

Coloring, drawing, doodling — they're proven to have a positive effect on your mental health at ANY age. We created this mini-journal for you to do just that.

It includes pages for you to color, doodle, and reflect on your life experiences. So grab your colored pencils, crayons, or pens and express yourself! Download it here/(link in bio)

Colorear, dibujar, garabatear: se ha demostrado que tienen un efecto positivo en la salud mental a CUALQUIER edad. Creamos este mini diario para que hagas precisamente eso.

Tiene páginas para que coloreaes, garabatees y reflexiones sobre tus experiencias de vida. Así que toma tus lápices de colores, crayones o bolígrafos ¡y exprésate! Descárgalo aquí /(enlace en la bio)



Instagram/Facebook





**If you have any  
questions please  
reach out to:**

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# Thank you!

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