

Say It Out Loud



Promote Your Event

Facebook:

Mental health conditions affect 1 in 5 teens, and yet very few talk about it. Join [Organization Name] as we talk about mental health, the warning signs and how to help a friend. We can't wait to see you [Date, Time, Place]!

Everyone has mental health, but talking about it can be uncomfortable. That's why NAMI has developed *Say it Out Loud!* Please join us [Date, Time, Place] as we watch a short video about mental health, eat pizza and discuss how to end the silence around mental health conditions.

This week our youth group will focus on mental health and how to help a friend. Join us at [Date, Time, Place] to learn how to raise awareness in our community. Remember that there is no health without mental health. Let's care for our whole person and end the silence around mental health!



Twitter:

#Mentalhealth matters! Join us for a convo about the warning signs and how to help a friend [Date, Time, Place]. #sayitoutloud

When it comes to community #mental health, we want to #sayitoutloud. Come to [Date, Time, Place] for pizza and discussion.

Calling all teens! Let's make it #ok2talk about #mentalhealth. Join us [Date, Time, Place] for an honest convo and new friends!