

Social Media Sample Posts

Add your voice to thousands of others and bring national attention to mental health this election. Tweet at political candidates. Write on their Facebook walls and websites. Tell them how important mental health is to you.

Add your voice to the dialogue and don't forget to use #Act4MentalHealth to grow the mental health movement.

TWEETS

Use Twitter to ask questions of candidates for elected office—from your local city council candidates to candidates for president.

[@candidate] 1 in 5 Americans are affected by #mentalillness. What will you do to help those affected? #Act4MentalHealth

[@candidate] 60% of people with #mentalillness received no health services last year. How will you change this statistic? #Act4MentalHealth

[@candidate] Each day, about 22 veterans die from suicide. How will you change this statistic? #Act4MentHealth

[@candidate] African Americans use #mentalhealth services at 1/2 rate of whites. How will you change this statistic? #Act4MentalHealth

[@candidate] Hispanic Americans use #mentalhealth services at 1/2 rate of whites. How will you change this statistic? #Act4MentalHealth

[@candidate] Asian Americans use #mentalhealth services at 1/3 rate of whites. How will you change this statistic? #Act4MentalHealth

[@candidate] LGBTQ youth attempt suicide at 2 to 3 times the rate of non-LGBTQ youth. How will you change this statistic? #Act4MentalHealth

[@candidate] 50% of all #mentalillness begins by age 14. What will you do to help these youth? #Act4MentalHealth

[@candidate] 2 million Americans with #mentalillness are in jail. What will you do to reduce this number? #Act4MentalHealth

[@candidate] #Mentalhealth care is denied at twice the rate of other care. How will you enforce mental health parity? #Act4MentalHealth

[@candidate] 8.4 million Americans care for an adult living w/mental illness. How will you support family caregivers? #Act4MentalHealth

CANDIDATES' FACEBOOK WALLS AND WEBSITES

Post these questions on candidates' Facebook walls and websites. Feel free to add a little of why mental health is an important issue for you.

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Each day, about 22 veterans die from suicide. How will you change this statistic? #Act4MentHealth
African Americans use mental health services at 1/2 rate of whites. How will you change this statistic?
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Hispanic Americans use mental health services at 1/2 rate of whites. How will you change this statistic?
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Asian Americans use mental health services at 1/3 rate of whites. How will you change this statistic?
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LGBTQ youth attempt suicide at 2 to 3 times the rate of non-LGBTQ youth. How will you change this statistic?
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50% of all mental illness begins by age 14. What will you do to help these youth? #Act4MentalHealth

2 million Americans with mental illness are in jail. What will you do to reduce this number? #Act4MentalHealth

Mental health care is denied at twice the rate of other health care. How will you enforce mental health parity?
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8.4 million Americans provide care for an adult living with mental illness. How will you support family caregivers? #Act4MentalHealth