



FACEBOOK AND TWITTER POSTS FOR LET'S TALK COLORADO

FACEBOOK

May is Mental Health Month, and it's time to talk about mental illness! To learn how, visit www.letstalkco.org #letstalkco

What is a mental illness? It's a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. It is not imaginary, it is a very real, very common illness.

Learn more at www.letstalkco.org #letstalkco

What causes mental illness? A mental illness can be caused by trauma, a chemical imbalance, genetics, and even by environmental factors. Yet treatment is available, and often very successful. Learn more at www.letstalkco.org #letstalkco

It's OK to have a mental illness. Many of us do. In fact, one in four Coloradans will experience a mental illness in their lifetime. Let's stop the stigma around mental illness by reaching out and starting a conversation. Learn how at www.letstalkco.org #letstalkco

It's OK to feel the way you are feeling. Mental illness is not imaginary, and not something you can just "get over." With medication, therapy, diet, exercise and support, real recovery is possible! Learn more.

www.letstalkco.org #letstalkco

It's OK to seek treatment. Most mental illnesses can be treated effectively with medication, therapy, diet, exercise and support. Don't let a mental illness keep you from enjoying your life! Help is available!

Learn more at www.letstalkco.org #letstalkco

It's OK to reach out. If you think you know someone struggling with mental illness, what can you do? Talk. Listen. Replace awkward silence with questions and understanding. Learn more ways to reach out at www.letstalkco.org #letstalkco

What does mental illness stigma look like? Exclusion. Telling someone to "snap out of it." Silence. Calling someone "crazy." Mental illness is real, and not a fallacy for the lazy or attention starved. Take the Stigma Quiz at www.letstalkco.org #letstalkco

What does mental illness stigma do to those with a mental illness? It causes them to feel ashamed, and to hide. It discourages those with a mental illness from seeking treatment. What can you do about it?

Take the Stigma Quiz at www.letstalkco.org #letstalkco

How long have we been stigmatizing mental illness? A very long time. Society has always viewed mental illness as a sign of weakness. In the last century, we've discovered so much about how the brain works, yet the stigma remains. Learn more at www.letstalkco.org #letstalkco

TWITTER

May is Mental Health Month, and it's time to talk about mental illness! To learn how, visit www.letstalkco.org #letstalkco

What is mental illness? A medical condition disrupting thinking, feeling, mood, daily functioning. Learn more at www.letstalkco.org #letstalkco

What causes mental illness? Trauma, chemical imbalance, genetics, even environmental factors. More at www.letstalkco.org #letstalkco

It's OK to have a mental illness. 1 in 4 Coloradans will experience a mental illness during their lifetime. More at www.letstalkco.org

Mental illness is not imaginary, you can't just "get over it." Yet real recovery is possible! More at www.letstalkco.org #letstalkco

It's OK to seek treatment for a mental illness; most can be treated very effectively. Learn more at www.letstalkco.org #letstalkco

It's OK to reach out to someone with a mental illness. Talk. Listen. Learn other ways to reach out at www.letstalkco.org #letstalkco

What does mental illness stigma look like? Exclusion. Saying "snap out of it." Take the Stigma Quiz at www.letstalkco.org #letstalkco

How does mental illness stigma harm? Causes people to feel ashamed and to hide. Take the Stigma Quiz at www.letstalkco.org #letstalkco

How long has mental illness stigma existed? A long time. Mental illness is NOT a weakness. More at www.letstalkco.org #letstalkco