**May is Mental Health Awareness Month**

**Daily Twitter Messages**

**Please share with your networks. Let’s start the conversation!**

1. Mental Health Awareness Month. Mental health is something we experience through our feelings, our bodies, and our minds. Let’s talk. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
2. Let’s talk about our mental health. It is as important as our physical health. Around one in four in the US suffer from some type of mental illness in any given year. Unfortunately, too many don’t seek help. #MentalHealthAwarenessMonth #LetsTalkCO
3. Connect with others for better mental health. When you volunteer, a physiological reaction happens. Fantastic chemicals associated with happiness are released in the brain. <https://projecthelping.org/> #MentalHealthAwarenessMonth #LetsTalkCO
4. What you eat affects all of your body and can have an impact on your mood: Eating with mental health in mind: <http://bit.ly/1inCkzN> #MentalHealthAwarenessMonth #LetsTalkCO
5. Get physically active outdoors! For your mood, aim for 30 - 60 minutes of aerobic exercise or a combination of aerobic exercise and muscle-strengthening three to five days a week. <http://www.mentalhealthamerica.net/get-physically-active> #MentalHealthAwarenessMonth #LetsTalkCO
6. Help someone out. A willingness to listen is an important first step. <http://bit.ly/1gLE3JY> #MentalHealthAwarenessMonth #LetsTalkCO
7. Sleep is important. Research shows that you're more likely to succeed at your tasks—and enjoy greater well-being—if you get some serious shuteye. <https://www.sleephealthfoundation.org.au/more/sleep-blog/402-sleep-and-mental-health.html> #MentalHealthAwarenessMonth #LetsTalkCO
8. It takes **courage** to ask for help. Who knows, your bravery might embolden another person to seek the help they need, too. <http://coloradocrisisservices.org/> <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
9. Walking is one of the best ways to stay healthy and improve your mood. It’s easy to do and requires nothing more than a pair of comfortable shoes. <https://www.health.harvard.edu/exercise-and-fitness/walking-for-health> #MentalHealthAwarenessMonth #LetsTalkCO
10. Create joy and satisfaction. Strengthen your funny bone, do something you loved to do as a kid, or practice mindfulness. http://www.mentalhealthamerica.net/create-joy-and-satisfaction #MentalHealthAwarenessMonth #LetsTalkCO
11. Read to a child or older adult. Consistent, long-term, supportive relationships between adults and young children are essential to healthy development. <https://reachoutandreadco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
12. Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. Sign up for Mental Health First Aid. <http://goo.gl/wUtVsQ> #MentalHealthAwarenessMonth #LetsTalkCO
13. Start talking – Mental health is one of your greatest assets. It helps you focus at work, overcome obstacles, get along with the people around you—and get well and stay well. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
14. Mental illness is not a character flaw, any more than an illness involving any other part of the body. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
15. Tips for talking: be nice, listen, stay in contact. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
16. Tips for talking: don’t ignore how someone feels. Offer help. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
17. What to say: “Thanks for opening up to me.” Mental Health America found that 71 percent of people surveyed turned to friends or family in times of stress. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
18. What to say: “Is there anything I can do to help?” And be specific. “Can I help you with the dishes?” “ How about a ride to your appointment?” <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
19. What **NOT** to say: “It could be worse.” “Get tough.” “Man up.” <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
20. Let’s talk about mental health. When all of us get the help we need, we help our communities thrive too. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
21. Colorado Crisis Services is dedicated to getting folks help when they need it. Help starts here. <http://coloradocrisisservices.org/> #MentalHealthAwarenessMonth #LetsTalkCO
22. Be brave. Be open. Feel better. Let’s talk about our mental health. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
23. Stress from work can impact family life, mental health, and even increase risks for chronic illnesses and heart attack. Share with a trusted colleague or a professional. #MentalHealthAwarenessMonth #LetsTalkCO
24. Mental health isn’t just in our head. Start the conversation. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
25. Mental health is something we all experience every day. It’s important to talk to someone and get help if we need it: <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
26. Over 6 million men suffer from depression per year. A visit to Dr. Rich Mahogany: Therapy, the way men do it. <http://mantherapy.org/> #MentalHealthAwarenessMonth #LetsTalkCO
27. Ideas about masculinity prevent some men from engaging in their mental wellness, resulting in crises like suicide, prescription drug overdose, and violence. Take the 20-point head inspection for men: <http://mantherapy.org/#/quiz> #MentalHealthAwarenessMonth #LetsTalkCO
28. Early experiences shape how brains get built. What is resilience? http://goo.gl/oifOjW #MentalHealthAwarenessMonth #toxicstress #LetsTalkCO
29. Child development is like a scale that has two sides. How resilience is built in early childhood: <https://developingchild.harvard.edu/resources/inbrief-resilience-series/#what-is-resilience> #MentalHealthAwarenessMonth #toxicstress #LetsTalkCO
30. Many people don’t get help because they think they can’t afford it. There are affordable and free mental health resources available. Call 1-844-493-8255 or visit <http://coloradocrisisservices.org/> or text TALK to 38255 #MentalHealthAwarenessMonth #LetsTalkCO
31. You are not alone. You are not to blame. You can get help. <https://www.colorado.gov/pacific/cdphe/pregnancy-related-depression> #MentalHealthAwarenessMonth #LetsTalkCO
32. A child’s positive mental health and social-emotional development is supported by loving, stable relationships, and support from adults to help them develop critical social-emotional skills. http://goo.gl/oifOjW #MentalHealthAwarenessMonth #toxicstress #LetsTalkCO