

Facebook Posts for Let’s Talk Colorado

Feel free to copy and add an image from the Toolkit: <http://letstalkco.org/toolkit/>, as posts with photos tend to get more likes and engagement!

1. May is Mental Health Month, let’s talk! To learn how to start the conversation, visit [www.letstalkco.org](http://www.letstalkco.org/) #letstalkco
2. What is mental health? It’s the health of our mind. It’s real, it’s important, and it’s up to all of us to talk to each other about it. Learn more at <http://letstalkco.org/what-is-mental-health/> #letstalkco
3. Too often we hear “mental health” and we assume the worst, but we all experience mental health every day, just like we all have physical health. Learn more at: <http://letstalkco.org/what-is-mental-health/> #letstalkco
4. More than half a million Coloradans say they have a week or more of poor mental health every month. That’s enough to fill Mile High Stadium over 7 times. Let’s talk about our mental health, so we all have more good days. Learn how at <http://letstalkco.org/talking-about-mental-health/> #letstalkco
5. Mental health isn’t about what you may hear in the media, it’s about being happy, it’s about living your life. Learn more. <http://letstalkco.org/what-is-mental-health/> #letstalkco
6. Most mental health challenges can be treated effectively with medication, therapy, diet, exercise and support. But it all starts with a simple conversation. Learn more at [www.letstalkco.org](http://www.letstalkco.org/) #letstalkco
7. Know someone who seems sad, anxious or stressed out? Talk to them. Listen to them. It really helps. <http://letstalkco.org/what-to-say/> #letstalkco
8. We all feel better when we open up and tell someone how we feel. Start the conversation, for yourself, for your family, for your friends or coworkers. Learn how: <http://letstalkco.org/talking-about-mental-health/> #letstalkco
9. We all experience mental health every day. It’s how we feel in the moment, how we react to the news, how well we sleep. We all have it, so let’s all talk about it: <http://letstalkco.org/talking-about-mental-health/> letstalkco
10. Take the Let’s Talk Survey (it’s easy and fast- promise!) and learn more about your own thoughts and beliefs on mental health: <http://letstalkco.org/survey/> #letstalkco

1. How we talk about mental health affects how we feel about it. Take a moment to learn more about your own beliefs about mental health and make a difference by talking about it with someone. Learn more at: <http://letstalkco.org/survey/> #letstalkco
2. When we feel supported, we have good mental health. Talk to someone, anyone you trust, about your own mental health. You’re not alone. Learn more here: <http://letstalkco.org/talking-about-mental-health/> #letstalkco
3. Mental health is something we all feel and experience every day. The important thing is to talk to each other about it. We’re not alone! <http://letstalkco.org/what-is-mental-health/> #letstalkco
4. Talking about our mental health with a friend or someone we trust leads to better mental health for us all. Start the conversation, here’s how: <http://letstalkco.org/what-to-say/> #letstalkco
5. We all have good days and bad days. Let’s talk about our mental health. We’ll have more good days. [www.letstalk.org](http://www.letstalk.org) #letstalkco
6. It’s not in your head: mental health is real, and it’s just as important to your life as maintaining good physical health. Learn more: <http://letstalkco.org/what-is-mental-health/> #letstalkco
7. Have you ever called someone “crazy” without really thinking about it? How we talk about mental health matters. Learn more at: <http://letstalkco.org/survey/> #letstalkco
8. Colorado Crisis Services has trained staff on hand, 24/7, if you or someone you know is in a mental health emergency. Don’t wait, make the call. <http://coloradocrisisservices.org/> #letstalkco
9. Mental health isn’t an American issue, and it’s not a problem. Everyone has it and everyone feels better when we talk about it. Check out these stories from the UK and see if they resonate with you: <https://www.time-to-change.org.uk/personal-stories> #letstalkco
10. Everyone experiences life differently. We all have mental health, and we can all talk about it. Let’s talk. [www.letstalkco.org](http://www.letstalkco.org). #letstalkco
11. If you think someone you know is hurting, trust your gut and reach out. It makes a difference. <http://letstalkco.org/talking-about-mental-health/> #letstalkco
12. Mental health is: how we react to the world. Learn more at: <http://letstalkco.org/what-is-mental-health/> #letstalkco
13. Mental health is: feeling rested and happy. How’s your mental health today?

<https://www.time-to-change.org.uk/about-mental-health> #letstalkco

1. Mental health is: feeling stressed, feeling anxious, or feeling happy and relaxed. How’s your mental health today? Let’s talk about it: <http://letstalkco.org/what-to-say/> #letstalkco
2. When we feel anxious, we need to talk to someone. We all feel better when we open up, and we may find our feelings aren’t as unusual as we think. Learn more about starting the conversation: <http://letstalkco.org/what-to-say/> #letstalkco
3. Good mental health means feeling in control, feeling happy. The more we talk about it, the better we feel. Start a conversation with someone you know. <http://letstalkco.org/what-is-mental-health/> #letstalkco
4. Talking to someone you know about mental health is as easy as asking “hey, how do you feel today?” You can do it, and you’ll be glad you did. <http://letstalkco.org/what-to-say/> #letstalkco
5. Mental health is: having a good day, or a bad day. We all experience mental health, every day. Let’s talk about it: <http://letstalkco.org/what-is-mental-health/> #letstalkco
6. How we talk about mental health affects how comfortable others are when they decide whether to talk to us. Learn about your own thoughts and beliefs on mental health, and be ready to listen if someone opens up to you: <http://letstalkco.org/survey/> #letstalkco
7. Mental health month is almost over, but the conversation continues. Learn how to talk, and how to listen, when someone opens up to you about their stress, sadness or anxieties. <http://letstalkco.org/what-to-say/> #letstalkco
8. Every day, we all experience challenges to positive mental health. All. Of. Us. Talking about it is the best way to make it better, so start the conversation. Let’s talk about our mental health: <http://letstalkco.org/> #letstalkco