

BEHAVIORAL HEALTH PREVENTION AND WELLNESS

FACEBOOK TOOLKIT FOR EDUCATORS



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM

Publication brought to you by:
Community Mental Health
Authority of Clinton, Eaton, and
Ingham Counties

www.ceicmh.org
www.facebook.com/ceicmh

2018



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USING THIS TOOLKIT

ABOUT THE TOOLKIT

This toolkit has been specifically designed with educators in mind. It is the goal of Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) that this toolkit helps educators to disseminate information about behavioral health, prevention, and wellness, to the parents, students and community they serve.

It is CMHA-CEI's hope that they will be able to equip educators with easy-to-use and useful information for their students, parents, and staff. This Facebook Toolkit will increase awareness, promote local resources and training opportunities, and reduce stigma around behavioral health issues affecting our communities.

GETTING STARTED

All of the information and resources within this toolkit can be used to make posts on your school or school district Facebook page. You will find the information categorized by topics such as general mental health education, anti-stigma, substance use disorders, suicide prevention, and more.

All you need to do is simply:

1. Copy the post text,
2. Paste the post text,
3. Attach any images that may be specified, and
4. Post!

QUESTIONS?

Should you have any questions regarding the information and resources provided in this toolkit you can contact our skilled staff for assistance.

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1. MENTAL HEALTH EDUCATION

POSTS

- Check out these facts from the National Alliance on Mental Illness! [attach the image "General Mental Health Facts NAMI"]
- If you know someone who is suffering from depression, you should first help them see a doctor or mental health professional. After that, you can offer support, understanding, patience, and encouragement; You can also listen, invite them out for walks or other activities, and never ignore comments about suicide. If you know someone who is having a mental health emergency, please direct them to Crisis Services at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties at 517-346-8460. Crisis Services is open 24/7.
- Everyone feels stressed from time-to-time. But what is stress? How does it affect your health? And what can you do about it? For more information on stress and how to manage it, take a look at this great fact sheet! [attach the images "5 Things you should know about stress 1" and "5 things you should know about stress 2"]
- Fact or Fiction? People with anxiety should snap a rubber band on their wrist every time they have a bad thought. This is FICTION. Studies show that suppressing your thoughts makes them stronger and more frequent. Think of it this way; The thoughts you resist persist.
- Mental health tip! Track gratitude and achievement with a journal. Include three things you were grateful for and three things you were able to accomplish each day. You can even get in touch with your creative side and make your own DIY journal using one of these tutorials! <http://craftweekly.com/13-cute-clever-diy-journal-ideas/>
- You can make a difference with #MentalHealthFirstAid ! For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call 517-887-5234. [attach the image "MHFA poster"]
- Fact Friday: People with mental health problems are just as effective as other employees. [attach image "myth vs fact - employment"]
- Fact of Fiction? The causes of anxiety disorders are usually rooted in childhood, so effective therapy must focus on that time period. This is FICTION. Research shows that effective treatment focuses on the here and now, including new skills to manage thoughts, emotions, discomforts, and behavior.
- Check out these facts from the National Alliance on Mental Illness! [attach the image "Children & Teens Mental Health Facts NAMI"]



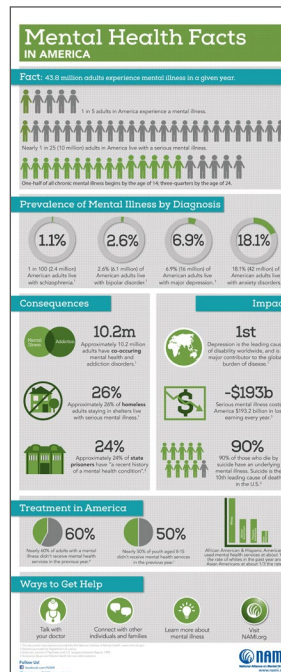
- NAMI Basics is a free, 6 session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. Register today! [attach the image "NAMI Basics Flyer"]
- Fact Friday: People with sever mental illnesses are over 10 times more likely to be victims of violent crime than the general population. [attach the image "myth vs fact - violence"]
- Mental Health Tip! Experiment with a new recipe, write a poem, paint or try a pinterest project. Creative expression and overall well-being are linked! [https://www.pinterest.com/search/pins/?q=crafts&rs=typed&term_meta\[\]=crafts%7Ctyped](https://www.pinterest.com/search/pins/?q=crafts&rs=typed&term_meta[]=crafts%7Ctyped)
- "More than one in four children a year experiences bullying. I Am A Witness aims to stop bullying by activating the 'silent majority' of kids who witness it each day, transforming them from passive bystanders into an active collective that speaks up against bullying." <https://youtu.be/uQW-V-TdBQg>
- Fact Friday: 90 percent of teens ages 12-17 who have witnessed some form of online cruelty say they have ignored mean behavior on social media, and more than a third (35 percent) have done this frequently. <http://iwatchbullying.org/>
- Mental Health Tip! Practice gratitude. Acknowledging the bright side of things can boost your mental well-being. Can't think of anything to be grateful for? Here is a list of 100 things to be grateful for that we often overlook. http://www.huffingtonpost.com/entry/things-to-be-grateful-for-list_us_56420d6ce4b0b24aee4bcc63
- Mental Health Tip! Value yourself: treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons! No matter what you decide to do, do it for you; you've earned it!

- Mental Health Tip! Take a break: A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some "me time".
- Don't stress! Follow these 5 tips from Mental Health First Aid to relax! [attach the image "5 Ways to Relax"]
- Know the signs of depression! [attach the image "9 Signs of Depression"]

- You can make a difference with #MentalHealthFirstAid ! For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call 517-887-5234. [attach the image "Show your Support"]
- Symptoms of mental illness can often appear similar to average teen development. Do you know the differences? [attach the image "Average Teen or Warning Sign"]

ATTACHMENTS

General Mental Health Facts NAMI



5 Things You Should Know About Stress 1

5 Things You Should Know About Stress 2

5 Things You Should Know About STRESS

Everyone feels stressed from time to time. But what is stress? How does it affect your health? And...

1 Stress is how the work, school, and home life can affect so that you know.

2 Not all stress is bad. Stress can be a good thing when it helps you focus and get things done. But when it's too much, it can be bad. Stress can be a good thing when it helps you focus and get things done. But when it's too much, it can be bad.

3 There are ways to manage stress. The effects of stress tend to build up over time. Taking practical steps to manage your stress can reduce or prevent these effects. The following are some tips that may help you to cope with stress.

- Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily irritated, feeling depressed, and having low energy.
- Talk to Your Doctor or Health Care Provider. Get proper health care for existing or new health problems.
- Get Regular Exercise. Just 30 minutes per day of walking can help boost your mood and reduce stress.
- Try a Relaxing Activity. Explore stress coping programs, which may incorporate meditation, yoga, tai chi, or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities. Learn more about these techniques on the National Center for Complementary and Integrative Health (NCCIH) website (www.nccih.nih.gov/health/stress).
- Set Goals and Priorities. Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do.
- Stay Connected with people who can provide emotional and other support to reduce stress, ask for help from friends, family, and community or religious organizations.
- Consider a Clinical Trial. Researchers at the National Institute of Mental Health (NIMH), NCCIH, and other research facilities across the country are studying the causes and effects of psychological stress, and stress management techniques. You can learn more about studies that are recruiting by visiting www.nimh.nih.gov/clinicalstudy or www.clinicaltrials.gov (keyword: stress).

4 If you're overwhelmed by stress, ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol to cope. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider by visiting www.nimh.nih.gov/findinghelp.

Call the National Suicide Prevention Lifeline

Anyone experiencing severe or long-term, unrelenting stress can become overwhelmed. If you or a loved one is having thoughts of suicide, call the toll-free National Suicide Prevention Lifeline (<http://suicidepreventionlifeline.org/>) or 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

For More Information

For more information on conditions that affect mental health, resources, and research, visit www.nimh.nih.gov or the NIMH website (www.nimh.nih.gov/health/stress).

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Room 8184, MSC 9663
Bethesda, MD 20892-9663
Phone: 301-443-4513 or 1-866-615-NIMH (6464) toll-free
TTY: 301-443-8431
TDD: 866-415-8081 toll-free
FAX: 301-443-4279
E-mail: news@nimh.nih.gov
Website: www.nimh.nih.gov
NIH Publication No. OM 16-4310

MHFA Poster

Community MENTAL HEALTH CLINTON • EATON • INGHAM

USA MENTAL HEALTH FIRST AID®

KNOW THE SIGNS • LEARN THE ACTIONS • BE A LIFELINE

YOU WILL LEARN...

- Potential Warning Signs & Risk Factors
- Impact of Mental Health & Substance Use
- 5-Step Action Plan (ALGEE)
- Local Community Resources

RECEIVING TRAINING

- For training dates please visit: www.ceicmh.org/community-resources/mhfa
- To register for our classes visit: www.eventbrite.com and search for "MHFA"
- The cost is \$25 for the one day course, CEUs, a MHFA manual, and lunch.
- If you have questions please contact our Prevention Secretary at 517-887-5234 for assistance.

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or experiencing severe depression, psychosis, or suicidal thoughts/behaviors.

SAVE LIVES & build stronger communities

9 Signs of Depression

9 SIGNS A PERSON MAY BE EXPERIENCING DEPRESSION

Symptoms of Depression

1. An unusually sad mood.
2. Loss of enjoyment and interest in activities that used to be enjoyable.
3. Lack of energy and tiredness.
4. Feeling worthless or feeling guilty though not at fault.
5. Thinking often about death or wishing to be dead.
6. Difficulty concentrating or making decisions.
7. Moving more slowly or sometimes becoming agitated and unable to settle.
8. Having sleeping difficulties or sometimes sleeping too much.
9. Noticeable changes in eating habits, sometimes resulting in weight gain or weight loss.

NOTE: A person who is clinically depressed would have at least one of the first two symptoms, nearly every day, for at least two weeks. The person might also experience one or more of symptoms 3-9.

MENTAL HEALTH FIRST AID®

5 Ways to Relax

Don't Stress: 5 Ways to Relax

1. **Breathe Deeply:** Deep breathing can slow the heart rate and lower blood pressure.
2. **Laugh Out Loud:** Laughter can lower cortisol, your body's stress hormone.
3. **Get a Move On:** Exercise helps the brain release feel-good chemicals called endorphins.
4. **Catch Some Z's:** Getting enough sleep can improve health and decrease stress.
5. **Reach Out:** Don't be afraid to reach out to friends and loved ones to talk about what is stressing you out. Just venting can help.

Source: www.mentalhealthfirstaid.org

Show Your Support

Show your support. Get trained in MENTAL HEALTH FIRST AID.

1 in 5 people have a mental illness.

Be a million

MENTAL HEALTH FIRST AID®

www.mentalhealthfirstaid.org



NAMI Basics Flyer

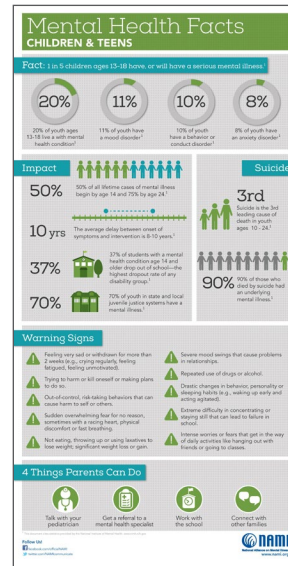


Myth vs Fact - Employment

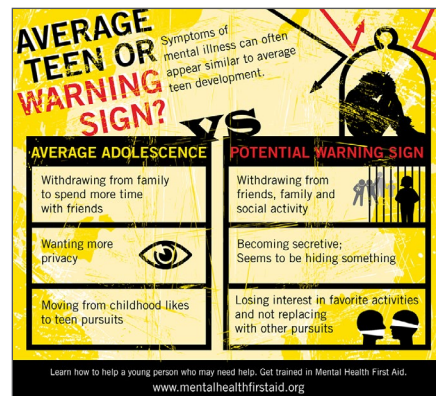
Myth vs Fact - Violence



Children & Teens Mental Health Facts NAMI



Average Teen or Warning Sign



2. HEALTH & WELLNESS

POSTS

- Wellness Tip: Get off the grid! [attach the image "Get off the Grid"]
- Wellness Tip: Set up a summer getaway! It could be camping with friends or a trip to the topics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
- Wellness Tip: Boost your brain power by treating yourself to a couple of pieces of dark chocolate every few days. The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- Wellness Tip: Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we already have! Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- Wellness Tip: take time to laugh. Hang out with a funny friend, watch a comedy, or check out goofy videos online! Laughter helps reduce anxiety.
- Wellness Tip: Has something been bothering you? Let it all out. . . on paper. Writing about upsetting experiences can reduce symptoms of depression.
- Wellness Tip: Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.
- Wellness Tip: Feeling stressed? Smile! It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.
- Looking for a boost? Water has negative ions that help you feel good and walking helps release endorphins that help boost your moos and make you feel happy! [attach the image "Rethink your drink"]
- Check out this awesome map of parks and trails in the Capital Area, courtesy of the @Capital Area Health Alliance! [attach the image "Parks & Trails Map"]
- Don't sweat it! [attach the image "Don't Sweat the Small Stuff"]
- What are some of your favorite healthy snacking alternatives? [attach

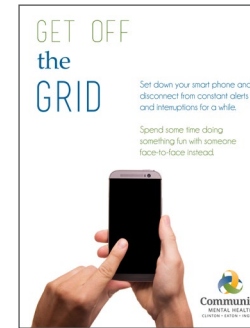


the image "Snack Smarter"]

- Embrace the "magic" of endorphins! [attach the image "Wellness Works - endorphins"]
- Have you been thinking about starting on a track to wellness? Start here! [attach the image "Start Somewhere"]
- Feeling stressed? Reduce your stress using these 5 tips! [attach the image "5 simple ways to reduce stress"]
- Be kind to others, it benefits you both! [attach the image "Wellness Works - Smile"]
- Be mindful of your eating habits, are you eating because you are hungry or because you are stressed? [attach the image "Wellness Works - Stress Eating"]
- You should always aim for the stars, but setting smaller goals along the way will help you stay motivated! [attach the image "Wellness Works - Goals"]
- If you know someone who is having a mental health emergency, please direct them to Crisis Services at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties at 517-346-8460. Crisis Services is open 24/7.

ATTACHMENTS

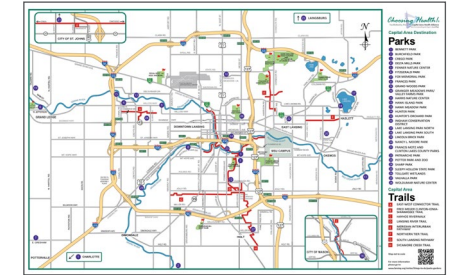
Get off the Grid



Rethink your Drink



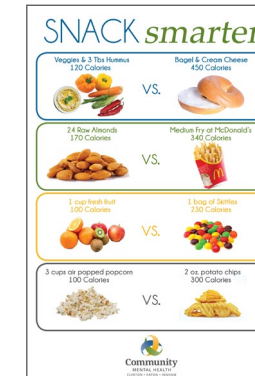
Parks & Trails Map



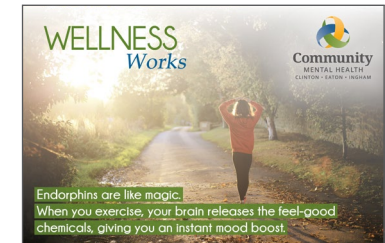
Don't Sweat the Small Stuff



Snack Smarter



Wellness Works - Endorphins



Start Somewhere



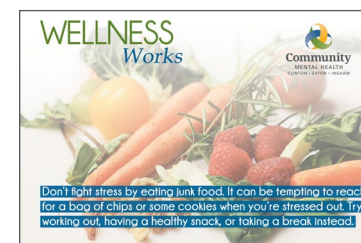
5 Simple Ways to Reduce Stress



Wellness Works - Smile



Wellness Works - Stress Eating



Wellness Works - Goals



3. SELF EFFICACY/MOTIVATION

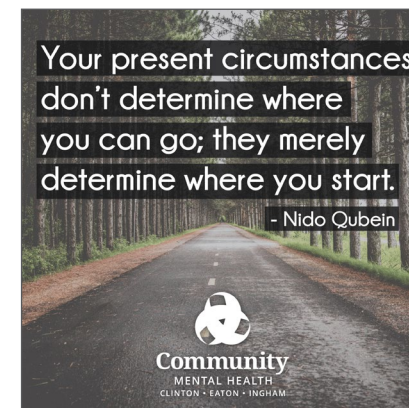
POSTS

- Need some motivation? [attach Motivational Quote #1]
- Here is a little bit of motivation to start your day off on the right foot! [attach Motivational Quote #2]
- You can do this! [attach Motivational Quote #3]
- You will prevail and you will succeed! [attach Motivational Quote #4]
- Need some motivation? [attach Motivational Quote #5]
- You've got this! [attach Motivational Quote #6]
- Never give up! [attach Motivational Quote #7]
- Beat the odds! [attach Motivational Quote #8]
- Are you looking to improve your sense of accomplishment and self-worth? Here's something that might be able to help!

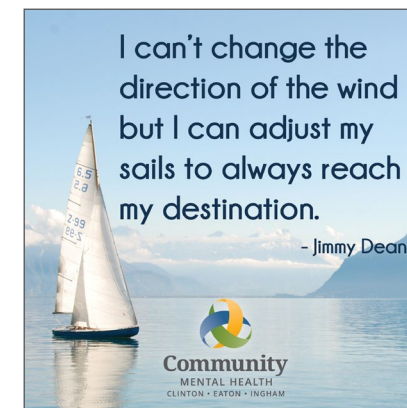
Set realistic #goals: Decide what you want to achieve and write down the steps you need to realize your goals. Aim high, but be realistic and don't over schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal. Use a goal tracking app on your phone to easily keep track of your progress! <http://www.lifewire.com/best-goal-setting-apps-3485941>

ATTACHMENTS

Motivational Quote #1



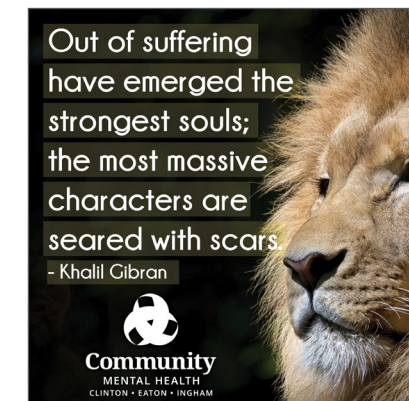
Motivational Quote #2



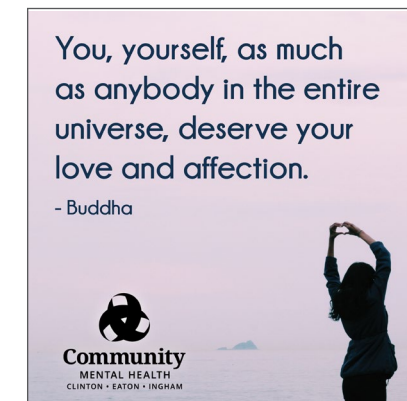
Motivational Quote #3



Motivational Quote #4



Motivational Quote #5



Motivational Quote #6



Motivational Quote #7



Motivational Quote #8



4. TRAUMA

POSTS

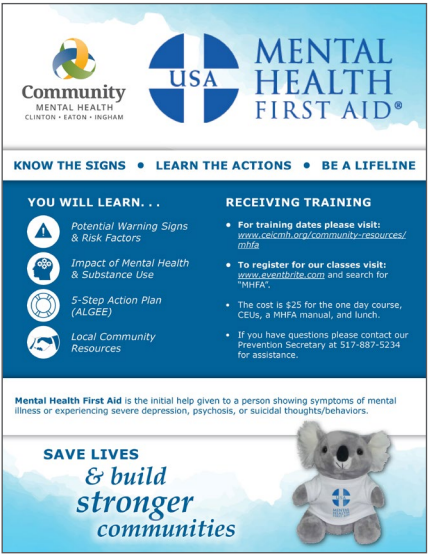
- Please read and share this wonderful resource for 10 tips on how to help someone experiencing trauma. Source www.mentalhealthfirstaid.org [attach the image "10 Tips to Help Someone Experiencing Trauma"]
- You can make a difference with #MentalHealthFirstAid ! For more information or to register for a class go to, www.eventbrite.com and search for MHFA or call 517-887-5234. [attach the image "MHFA Poster"]
- If you know someone who is having a mental health emergency, please direct them to Crisis Services at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties at 517-346-8460. Crisis Services is open 24/7.

ATTACHMENTS

10 Tips to Help Someone Experiencing Trauma



MHFA Poster



5. SUICIDE PREVENTION

POSTS

- You can make a difference with #MentalHealthFirstAid ! for more information or to register for a class, go to www.eventbrite.com and search for MHFA or call 517-887-5234. [attach the image "MHFA Poster"]
- Learn more at the American Foundation for Suicide Prevention website www.afsp.org #SuicidePrevention [attach the image "Michigan Suicide Facts 2017"]
- "We can all prevent suicide." Read stories of hope and help: #SuicidePrevention <http://suicidepreventionlifeline.org/stories/>
- Did you know that suicide is the 3rd leading cause of death in youth ages 10-24 and 90% of those who died by suicide had an underlying mental illness? (Source: www.NAMI.org) [attach the image "Children and Teen Mental Health Facts NAMI"]
- Did you know? Suicide is the 2nd leading cause of death for ages 10-24. [attach the image "Youth at School"]
- Do you have the facts about suicide? [attach the image "Suicide in America"]
- If you know someone who is having a mental health emergency, please direct them to Crisis Services at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties at 517-346-8460. Crisis Services is open 24/7.

ATTACHMENTS

Michigan Suicide Facts 2017



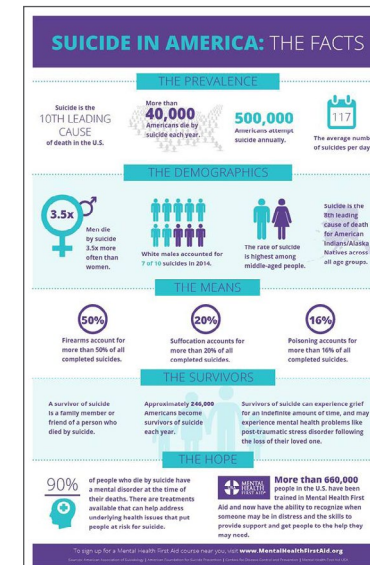
MHFA Poster



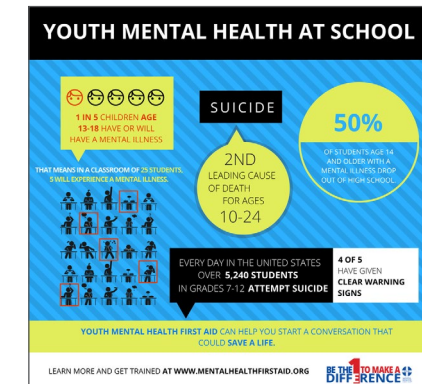
Children & Teens Mental Health Facts NAMI



Suicide in America



Youth at School



6. SUBSTANCE USE DISORDERS

POSTS

- "Michigan has more annual opioid prescriptions than people." http://www.mlive.com/news/index.ssf/2017/06/michigan_opioid_heroin.html
- "A recent national survey showed that more than 6 of 10 American teens believe that e-cigarettes cause little or only some harm as long as they are used sometimes but not every day. Nearly 20% of young adults believe e-cigarettes cause no harm, more than half believe that they are moderately harmful, and 26.8% believe that they are very harmful." <https://e-cigarettes.surgeongeneral.gov/default.htm>
- "Let's talk about youth tobacco use. Did you know that the most commonly used tobacco product by high schoolers is e-cigarettes?" <https://youtu.be/4qtXtBc6Akc>
- Do you know the risks of e-cigarettes? <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html> [attach the image "E-cigarettes and students"]
- Visit the Surgeon General webpage on youth tobacco use to learn more about the risks today. <https://e-cigarettes.surgeongeneral.gov/default.htm>
- Is your drinking pattern risky? Find out. <https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Is-your-drinking-pattern-risky/Whats-Your-Pattern.aspx>
- "Talk. They hear you." <https://youtu.be/UTmIAK-Eaxc>
- There are plenty of moments to talk to your teen about alcohol abuse. Which one will you choose? [attach all four of the "SAMHSA Talk Sooner" images]
- Do you enjoy a drink now and then? Many people do, often when socializing with friends and family. Drinking can be harmful, depending on your age and health status, and, of course, how much you drink. Find out if your drinking pattern is risk by taking the short quiz below from @ RethinkingDrinking <https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Is-your-drinking-pattern-risky/Whats-Your-Pattern.aspx>
- You can make a difference with #MentalHealthFirstAid ! for more information or to register for a class, go to www.eventbrite.com and search for MHFA or call 517-887-5234. [attach the image "MHFA Poster"]
- "Life's complicated enough, make smart decisions about drugs." <https://www.youtube.com/watch?v=3pFi3qthHqA&feature=youtu.be>
- Teach your teen the facts about drug abuse: <https://teens.drugabuse.gov/drug-facts>
- "Whether you know it or not, people look up to you." #BeARoleModel #StayTrueToYou <https://youtu.be/zmdRdcGP4b8>
- "Being a teenager is hard enough." <http://staytruetoyou.org/>
- If you know someone who is having a mental health emergency, please direct them to Crisis Services at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties at 517-346-8460. Crisis Services is open 24/7.



ATTACHMENTS

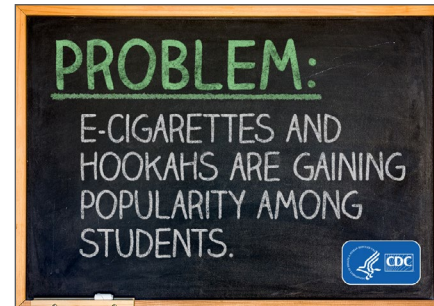
Talk They Hear You - Dinnertime



Talk They Hear You - Saturday Errands



Problem - E-Cigarettes



Talk They Hear You - Morning



Talk They Hear You - Loading the Truck



7. ANTI-STIGMA

POSTS

- It's time to start talking about mental illness. #standuptostigma <https://makeitok.org/>
- be nice. is a mental health education, bully and suicide prevention initiative that creates a positive cultural change through simple daily actions. #standuptostigma <https://www.benice.org/be-nice>
- Download the Know Bullying App today! <https://store.samhsa.gov/apps/knowbullying/> [attach the image "SAMHSA - KnowBullying"]
- Do you know how common mental illnesses are? #standuptostigma [attach the image "MakeitOk Graphic"]

COVER PHOTO

- See the image "StandUpToStigma - Facebook Cover Photo" in attachments and use it as a cover photo for your Facebook page!



ATTACHMENTS

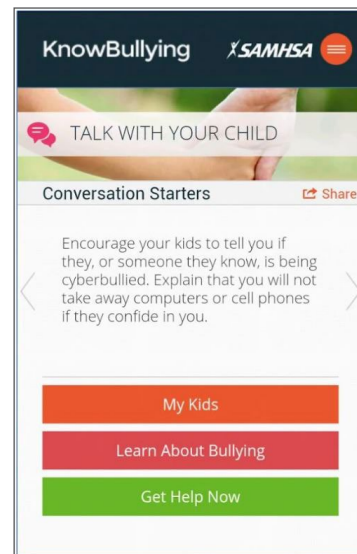
[StandUpToStigma -
Facebook Cover Photo](#)



[MakeItOk Graphic](#)



[SAMHSA -
KnowBullying](#)



AWARENESS DAYS/WEEKS/MONTHS

AWARENESS MONTHS

March 2018

National Nutrition Month

April 2018

Autism Awareness Month

May 2018

Mental Health Month

June 2018

Post Traumatic Stress Disorder Awareness Month

July 2018

National Minority Mental Health Month

September 2018

National Alcohol & Drug Addiction Recovery Month

October 2018

National Depression & Mental Health Screening Month

Health Literacy Month

National Bullying Prevention Month

December 2018

National Stress-Free Family Holidays Month

AWARENESS WEEKS

March 11-17, 2018

Brain Awareness Week

May 1-6, 2018

Children's Mental Health
Awareness Week

May 13-19, 2018

National Prevention Week

September 9-15, 2018

National Suicide Prevention Week

October 1-7, 2018

Mental Illness Awareness Week

October 7-13, 2018

International OCD Awareness Week

AWARENESS DAYS

April 2, 2018

Autism Awareness Day

May 10, 2018

Children's Mental Health Awareness Day

June 27, 2018

National Post Traumatic Stress
Disorder Awareness Day

September 10, 2018

World Suicide Prevention Day

October 11, 2018

National Depression Screening Day

October 9, 2018

World Mental Health Day

December 3, 2018

International Day of Persons
with Disabilities

