

## Help promote [fraserhealth.ca/mentalhealth](https://fraserhealth.ca/mentalhealth)

### Social media toolkit

#### Get help for you or your loved one

**fraserhealth.ca/mentalhealth** makes it easier for people to find support and information about mental health and substance use services, for themselves or their loved one.

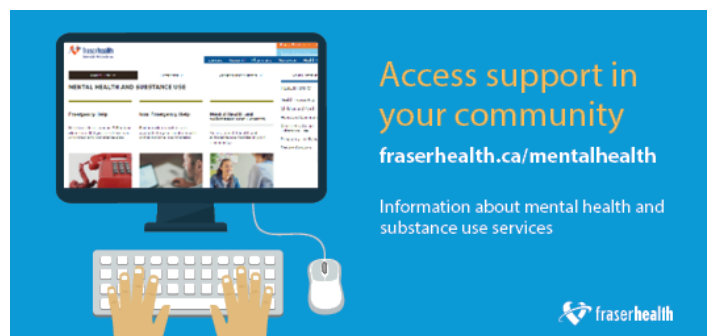
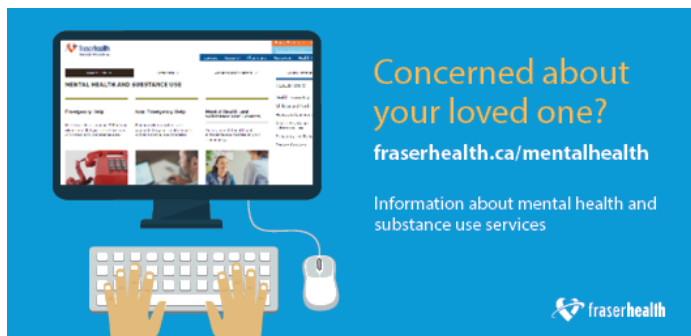
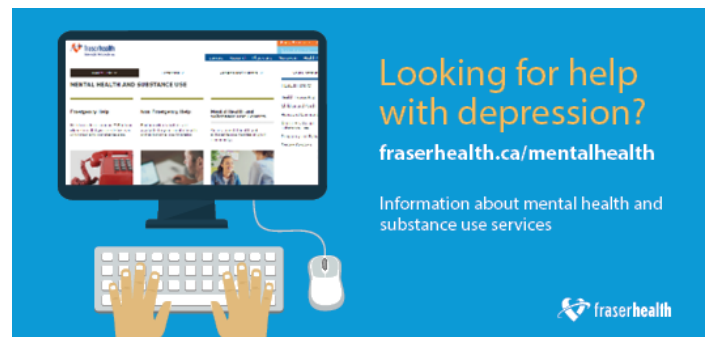
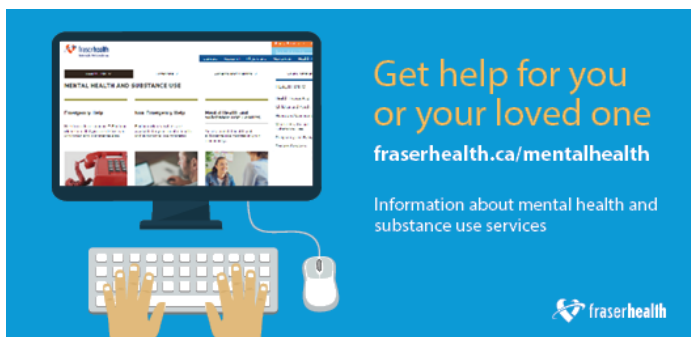
We appreciate all efforts to promote awareness of the mental health and substance use services available to people in their community. To assist your efforts, we have developed a variety of materials you can download and use in your communications.

Be sure to [like us on Facebook](#) and [follow us on Twitter](#).

### Images

We have prepared images for Facebook and Twitter to accompany the messages below.

Sample images:



## Posts

### ***Aimed at families:***

- Need to find #mentalhealth or #addictions help for your loved one? Go to [fraserhealth.ca/mentalhealth http://ow.ly/g2cj304vmc9](http://ow.ly/g2cj304vmc9)
- Stop wondering, start knowing: early treatment of #mentalhealth and #addictions is important [fraserhealth.ca/mentalhealth http://ow.ly/g2cj304vmc9](http://ow.ly/g2cj304vmc9)
- "I think someone I love needs #mental health or #addictions help. How can I be sure?" [Fraserhealth.ca/mentalhealth http://ow.ly/g2cj304vmc9](http://ow.ly/g2cj304vmc9)
- "What do I do if my loved one won't seek help for an #alcohol or #drug addiction?" [Fraserhealth.ca/mentalhealth http://ow.ly/8umG304vmkt](http://ow.ly/8umG304vmkt)

### ***Aimed at individuals:***

- Not feeling like yourself? @fraserhealth has self-help #mentalhealth resources on [fraserhealth.ca/mentalhealth http://ow.ly/mIOe304vmnn](http://ow.ly/mIOe304vmnn)
- Struggling with #mentalhealth and #addictions? We can help: [fraserhealth.ca/mentalhealth http://ow.ly/g2cj304vmc9](http://ow.ly/g2cj304vmc9)
- Having trouble cutting out #alcohol or #drugs? We can help: [fraserhealth.ca/mentalhealth http://ow.ly/9qRT304vmsd](http://ow.ly/9qRT304vmsd)
- "I think I have a #drugaddiction. How do I make a change?" [Fraserhealth.ca/mentalhealth http://ow.ly/2XGI304vmtQ](http://ow.ly/2XGI304vmtQ)

### ***Aimed at organizations:***

- [Fraserhealth.ca/mentalhealth](http://ow.ly/ew5k304vmx3) makes it easier for people to find #mentalhealth and #addictions services in their area <http://ow.ly/ew5k304vmx3>
- Early treatment = better #recovery success from #mentalhealth and #addictions: [fraserhealth.ca/mentalhealth http://ow.ly/6l02304vmz1](http://ow.ly/6l02304vmz1)
- Family support = better #mentalhealth and #addictions #recovery success: [fraserhealth.ca/mentalhealth http://ow.ly/ZKbq304vmBu](http://ow.ly/ZKbq304vmBu)

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## Questions?

For more information, please contact [communications@fraserhealth.ca](mailto:communications@fraserhealth.ca)

