

## Sample Social Media Messaging

Hashtags: #buildingresilience, #StrongerTogetherMD

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MAY IS  
MENTAL  
HEALTH  
AWARENESS  
MONTH

2021 #MDBuildingResilience

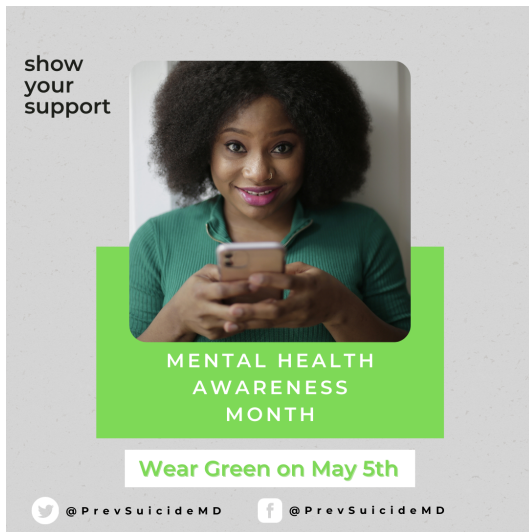


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1. May is #MentalHealthMonth! This year promote skills that you can use to improve #mentalhealth and increase resilience. Download the toolkit: <http://bit.ly/mham2021> #buildingresilience
  2. You can be supportive of those who are struggling with life's challenges and their mental health. This #MentalHealthMonth show your support by sharing resiliency tips that everyone can use. Download the toolkit: <http://bit.ly/mham2021> #buildingresilience
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1. Show your support for #MentalHealthAwareness by wearing green on May 5. Share your pictures with @PrevSuicideMD on Facebook or Twitter @PrevSuicideMD.
2. Be a role model during Child Mental Health Awareness Week! Show children that #MentalHealthMatters by wearing green on May 5. Have an open conversation about how mental health affects everyone. #buildingresilience



1. Take the pledge to learn more about mental illness and prioritize your mental health needs for #MHAM. Find the full pledge here: <http://bit.ly/mham2021> #buildingresilience

**WHAT IS RESILIENCE?**

RESILIENCE IS THE ABILITY TO ADAPT TO CHANGES AND APPROACH NEGATIVE EVENTS (SUCH AS STRESS AND TRAUMA) AS EFFECTIVELY AS POSSIBLE, IT IS THE ABILITY TO "BOUNCE BACK".

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1. Want to develop resilience? Check out @PrevSuicideMD's fact sheet to learn 10 ways you can build better resilience: <http://bit.ly/indresilience2021#buildingresilience>
2. Building resilience won't stop negative things from happening, but it can reduce the impact and the time it takes to recover. Learn more about Individual Resilience: <http://bit.ly/indresilience2021#buildingresilience>

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But what makes people resilient is the ability to find humor and irony in situations that would otherwise overpower you  
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Amy Tan

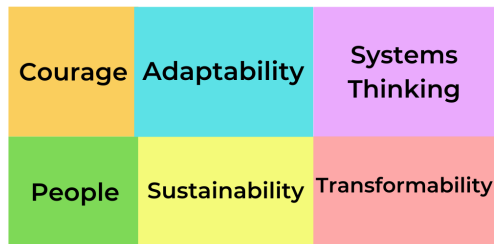
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1. #DYK that one way to build resilience is to laugh out loud each day? Having a positive outlook can have a big impact when you're facing challenges. #buildingresilience #StrongerTogetherMD
2. By building resilience, you can protect your mental health and well-being from negative events. For people who are experiencing mental illness, resilience can help them handle setbacks and challenges, while developing confidence in managing illness and recovery. Fact sheet: <http://bit.ly/indresilience2021#buildingresilience>



1. Attention Community Influencers: check out the Community Resilience Factsheet to promote planning for Community Resilience! Step 1: is to strengthen social and cultural networks and establish relationships with partners. <http://bit.ly/comresilience2021> #buildingresilience #StrongerTogetherMD
  2. How resilient is your community? Can your community begin building resilience? Check out ideas for Building Resiliency on the Community Resilience Factsheet: <http://bit.ly/comresilience2021> #buildingresilience #StrongerTogetherMD
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# The Foundations of Community Resilience



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1. This Mental Health Awareness Month we are promoting Community Resilience- the ability of a community to use available resources to respond to, withstand, and recover from negative situations. We are #StrongerTogetherMD. Toolkit: <http://bit.ly/mham2021> #buildingresilience
  2. This Mental Health Awareness Month join @PrevSuicideMD in promoting community resilience. All month long learn more about the foundations of community resilience. Download the toolkit: <http://bit.ly/mham2021> #StrongerTogetherMD #buildingresilience
  3. Community Influencers stay tuned @PrevSuicideMD will be highlighting the foundations of community resilience: people, systems thinking, adaptability, transformability, sustainability, and courage. #buildingresilience
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PEOPLE: THE INDIVIDUAL MEMBERS OF EVERY COMMUNITY ARE THE FOUNDATION FOR ITS STRENGTH AND RESILIENCE.

#BUILDINGRESILIENCE #STRONGERTOGETHERMD

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1. People have the power to imagine the future of the community and strengthen it. The individual members of every community are the foundation for its strength and resilience. #buildingresilience #StrongerTogetherMD
  2. Community members inspire and create innovative solutions to community problems. Our individual resilience strengthens the community as a whole. Check out @PrevSuicideMD's fact sheet to learn 10 ways you can build resilience: <http://bit.ly/indresilience2021#buildingresilience> #StongerTogetherMD
  3. As a community member do you know where you can find the resources you need for medical, mental health, education, or financial problems? Everyone should know how and where to find resources when in need. #buildingresilience #StrongerTogetherMD
  4. Build social connectedness: People are more empowered to help one another after a crisis in communities in which members are regularly involved in each other's lives. Building social connectedness can be an important emergency preparedness action. #buildingresilience
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Systems Thinking- aimed at seeing how things are connected to each other within a larger entity.




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1. Systems thinking encourages a holistic approach to problems by exploring relationships, perspectives, and boundaries. How each individual and community organization contributes is equally important and unique. #buildingresilience #StrongerTogetherMD
  2. Strengthen and promote access to public health, healthcare, and social services. Strong day-to-day systems can be better used to support health resilience during crises. People should know how to access care and are not limited by barriers to services. #buildingresilience
  3. Expand communication and collaboration. Build networks that include social services, community organizations, businesses, academia, at-risk individuals, and faith-based stakeholders in addition to traditional public health and healthcare partners. #buildingresilience
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Adaptability- the quality of being able to adjust to new conditions.



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1. Adaptability- a community that adapts to change is resilient. But because communities and the challenges we face constantly vary, adaptation is an ongoing process. #buildingresilience #StrongerTogetherMD
  2. The ability to react to unexpected events is a sign of resilience. One way to enhance adaptability is to build new skills. Learn more tips for community resilience: <http://bit.ly/comresilience2021> #buildingresilience #StrongerTogetherMD
  3. Develop your adaptability skills by reorganizing your room or office. Being able to accept small changes can help you accept larger changes when they occur. #buildingresilience #StrongerTogetherMD
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Transformability- is the ability to create a fundamentally new system when the environment, economic, or social structures make the existing system unsupportable.



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1. Some challenges are so big that it's not possible to simply adapt; transformation may be necessary. Identifying challenges and making changes not only those at-risk and disadvantaged but the entire community. #buildingresilience
  2. Transformation can be a long process. Set yourself up for success by having clear intentions, realistic expectations and achievable goals. #buildingresilience #StrongerTogetherMD
  3. Engage at-risk individuals and the programs that serve them: Engaging individuals with potential vulnerabilities to take an active part in protecting their health and aiding their community's resilience strengthens the community as a whole. #buildingresilience #StrongerTogetherMD
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Sustainability -ability to exist constantly;  
meeting the needs of the present  
without compromising the ability of  
future generations to meet their needs



1. Community resilience needs to work for us, and future generations. #Resilience can be sustainable by learning skills that help you be resilient and teaching others (like kids) those skills, so they are better prepared for challenges in the future. #BuildingResilience
  2. Sustainability in #mentalhealth is the ability to provide complete care now and in the future in the face of challenges and emergencies. Learn more tips for community resilience: <http://bit.ly/comresilience2021> #BuildingResilience #StrongerTogetherMD
  3. Promote health and wellness with preparedness. Education and info on public health, behavioral health, emergency preparedness, and #resilience can help people face everyday challenges as well as major crises. Overall well-being helps the community's recovery. #buildingresilience
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Courage- strength in the face of pain or grief.



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1. Courage- as individuals and as a community, we need courage to confront challenging issues and take responsibility for our collective future. #BuildingResilience #StrongerTogetherMD
2. As a community agency promote #Resilience by promoting ways that individuals can get involved and help one another, and celebrate community strengths. #BuildingResilience #StrongerTogetherMD



1. Join @PrevSuicideMD on May 25 at 12pm for a Twitter Chat on resilience in individuals and communities. #BuildingResilience #resiliencechat2021