

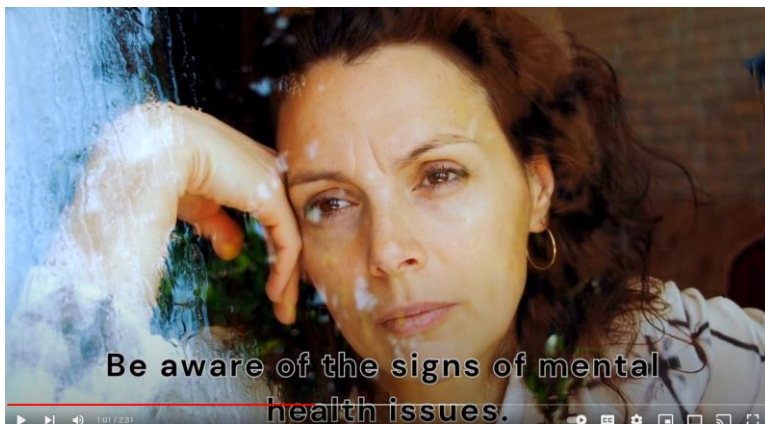
DCIU Interconnected MTSS Framework January 2024 Awareness Campaign

Mental Health Literacy: Prioritizing our Mental Health

Social Media Resources

Below are sample social media posts around January's awareness campaign of Mental Health Literacy, with a focus on prioritizing mental health. Mental health is a topic that touches us all, yet often remains shrouded in silence. Mental health is an integral part of our overall well-being, just as important as physical health. As we begin a new year, our hope is that we all recommit to taking care of our mental health and carry it through all year long. To help spread this message, we have also included a PSA on this theme and its YouTube link. DCIU will be posting this information across its social media platforms and is pleased to share this material with districts so that they may do the same.

Post #1: PSA



<https://youtu.be/JLU76iP-Aqg>

Your Mind Matters: Prioritizing Mental Health

Taking care of your mental health is not just about seeking help when you're not feeling well; it's also about maintaining your overall emotional, psychological, and social well-being. Your mental health is a priority, your happiness is essential, and your self-care is a necessity. As you're making your New Year's resolutions, make your mental health a top priority.

Post #2:



Prioritize your mental health! Good mental health can help you cope with stress and improve your quality of life. It's okay not to feel okay; seek help and take care of yourself.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #PrioritizeMentalHealth

Post #3



If you're feeling overwhelmed, anxious, or depressed, and these feelings are impacting your daily



life, it might be a sign that you should seek professional help. Remember, it's okay to not be okay, and seeking help is a sign of strength, not weakness. Mental health professionals like therapists or counselors can provide valuable support and guidance.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #PrioritizeMentalHealth

Newsletter Blurbs

DCIU is also pleased to provide some newsletter blurbs around the theme of kindness to be used in communications to your communities, whether through email, newsletters, blogs, or other channels.

For Families and Community:

Prioritizing Mental Well-being: Let's Talk About It!

Mental health is a topic that touches us all, yet often remains shrouded in silence. It is an integral part of our overall well-being, just as important as physical health. However, stigma and misconceptions can make it challenging to discuss.

Let's change that narrative! We can explore various aspects of mental health, from understanding common conditions like anxiety and depression to recognizing the less obvious signs of mental distress. Let's share expert insights, personal stories, and practical tips to foster a supportive community for all.

Remember, caring for your mental health isn't a sign of weakness; it's a step towards a healthier, more fulfilled life. Whether you're struggling or just looking to maintain your mental well-being, resources, support, and understanding exist. Let's embark on this journey together towards better mental health for everyone!

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #PrioritizeMentalHealth

For Educators:

Mental Health Matters: Prioritizing Our Inner Wellness

Daily life can sometimes feel overwhelming. Remembering the importance of mental health even through the hustle and bustle is crucial. Our mental health matters and is as important as our physical health. However, it often gets overlooked in our busy schedules.

Mental health encompasses our emotional, psychological, and social well-being. It influences how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Good mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues.



Let's take care of our mental health. Simple steps such as ensuring enough sleep, maintaining a balanced diet, staying physically active, managing stress through mindfulness or meditation, and seeking professional help when needed can go a long way in maintaining our mental health.

Our mental health is a priority, our happiness is essential, and our self-care is a necessity.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #PrioritizeMentalHealth

Resources

- <https://mhanational.org/mental-health-month>
- <https://www.nimh.nih.gov/get-involved/digital-toolkit-for-mental-health-awareness-month>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4005415/>
- <https://www.cdc.gov/mentalhealth/learn/index.htm> About Mental Health