

BEHAVIORAL HEALTH PREVENTION AND WELLNESS FACEBOOK TOOLKIT | VERSION 6



Community

MENTAL HEALTH
CLINTON • EATON • INGHAM

Together we can.

2026

Publication brought to you by:

Community Mental Health
Authority of Clinton, Eaton, and
Ingham Counties

www.ceicmh.org

www.facebook.com/ceicmh

www.instagram.com/ceicmh



TABLE OF CONTENTS

USING THIS TOOLKIT

MENTAL HEALTH EDUCATION

HEALTH & WELLNESS

SELF EFFICACY/MOTIVATION

TRAUMA

SUICIDE PREVENTION

SUBSTANCE USE DISORDERS

ANTI-STIGMA

AWARENESS DAYS/WEEKS/MONTHS

KEY

- ✓ CMHA-CEI services
- Community training opportunities
- * Community Resources and Supports
- ◆ Stigma Reduction Language
- Facts and tips



USING THIS TOOLKIT

ABOUT THE TOOLKIT

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

It is CMHA-CEI's hope that this will equip our partners with easy-to-use and useful information for their audiences. 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 organization's 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

- ✓ Do you want to know how to help someone living with depression?
 1. Help them connect with a doctor or mental health professional.
 2. Offer support, understanding, patience, and encouragement by listening, invite them out for walks or other activities, and checking in.
 3. Remember! Never ignore comments about suicide. 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.
<http://ceicmh.org/services/cs>
- ✓ Do you know what to do in a mental health emergency? Community Mental Health Authority of Clinton, Eaton, and Ingham Counties has a broad continuum of youth intensive crisis stabilization services including a free 24/7 free standing crisis center for walk-in crisis services needs, mobile crisis teams, urgent care (crisis stabilization), urgent access to psychiatry, and crisis respite. Call 517-346-8008 to access these services. Visit www.ceicmh.org to learn more.
- ✓ Families Forward is teaming up with local partners in the community to offer fun and engaging skills-based groups called "Stress Busters" and "Coping with Life". These groups will help youth of all ages learn practical skills to help them manage life stress, improve their social skills, and have fun doing it! www.ceicmh.org/services/kids to learn more or contact Jody Nelson at nelsonj@ceicmh.org. To learn more, visit <http://www.ceicmh.org/services/kids>
- ✓ Your Mental Health Matters. Take a couple minutes out of your day to do something for yourself and for your self-care. By understanding how you are feeling mentally and physically, can help address early onset behavioral health disorders and can overall improve your well-being. Click here to take the free and anonymous online behavioral health screening tool: <https://bit.ly/BehavioralHealthScreeningTool>
[Insert: Behavioral Health Screening Tool Image]
Image Description: Image of Behavioral Health Screening Button.
- 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 the Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.
[attach the image "Show your Support"]
Image Description: 1 in 5 people have a mental illness. Show your support and get trained in Mental Health First Aid Training.
- * You don't have to struggle with your mental health alone. There's help.
#988Lifeline #MentalHealthAwareness #Anxiety
[Insert 988 Facebook, X/Thread, or LinkedIn Graphic]

- * One of the most important ways that we can #StandAgainstStigma is by having open, honest conversations about mental health. Not sure what to say? This resource has great tips and conversation starters: <https://www.mentalhealth.gov/talk> [attach image You Can Talk To Me]
Self Description: People standing in a circle with Stand Against Stigma logo.
- * People with severe mental illness are over 10 times more likely to be victims of violent crime than the general population. #StandAgainstStigma [attach the image "Myth vs Fact - Violence"]
Image Description: People with mental illness are 10 times more likely to be victims of violence.
- * According to the National Institute of Mental Health, men are less likely to have received mental health treatment than women in the past year. Learn what men can do to overcome cultural stereotypes to better take care of their mental health at <https://www.nimh.nih.gov/health/topics/men-and-mental-health>
- * Recovery from a mental health disorder or substance use problem is possible! #StandAgainstStigma [attach the image "Recovery is possible"]
Image Description: Motivational quote about recovery.
- ☐ 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 these quick resources!
[attach the images "What is Stress?", "Sources of Stress", "Coping Strategies for Stress", and Weekly Wellbeing Checkup"]
Image Description: Ways to reduce stress and how to address it image.
- ☐ Do you know the difference between everyday anxiety and an anxiety disorder? [attach the image "Which is it anxiety"]
Image Description: Image describing what the difference is between stress and anxiety.
- ☐ People with mental health problems are just as effective as other employees. #StandAgainstStigma [attach image "myth vs fact - employment"]
Image Description: People with mental health problems are just as productive as people without mental health problems image.
- ☐ Your child may be struggling with their mental health. Be on the lookout for change in mood, low interest in participating in fun activities, and pulling away from loved ones. Starting meditation or a new hobby that will support their mental health and wellbeing is a great first step for parents to get involved. If you are a parent and interested in learning how to identify signs in youth and young adults, please visit Community



Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) on www.eventbrite.com and search for MHFA or call Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.

- ❏ There are things that we can do to help cope with loneliness and stress. Here are some tips for staying mentally well during challenging times:
 1. Take care of your physical health: Eat nourishing foods and get your body moving with walks, yoga, or dancing!
 2. Connect with others: Find creative ways to connect (use video calling, play an online game, or send some old-fashioned snail mail).
 3. Relax: Find time to do things that are relaxing and feel good. Take a bubble bath, snuggle up with a pet, or start an art project or puzzle.
 4. Be kind to yourself: Give yourself a break. It's okay to be less productive while under high levels of stress-treat yourself with the same compassion and gentleness that you would a loved one.
 5. Ask for help: Mental health services are available, and there is no shame in reaching out for support.

[attach image Reminder: You Are Not Alone]
Image Description: You are not alone motivational image.
- ❏ Do you know how common mental health challenges are in children and teens? Find out more (and what you can do to help). (Source: www.NAMI.org) [attach the image "Children and Teen Mental Health Facts NAMI"]
Image Description: Facts regarding children and teen mental health.
- ❏ It's okay to ask for help. [Insert American Foundation for Suicide Prevention Graphic]
Image Description: Motivational image for seeking help image.
- ❏ Mental Health Check In! Remember that you owe it to yourself to take a break, take a deep breath, and remember to check in with yourself. [Insert Mental Health Check-In Graphic]
Image Description: A check list image for identifying mental health.
- ❏ When a young person is struggling, they may exhibit severe emotional pain, feel trapped, or feel hopeless about the future. Caring help to find hope is within reach, the #988Lifeline is available 24/7/365. No judgment. Just compassion and support. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org.
[Download and insert the 988 video [HERE](#)]



- ❶ 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"]
Image Description: Average teen or warning signs image.
- ❷ Taking charge of your mental health can feel overwhelming at times, but it's an important part of staying healthy and well. Get practical tips and learn more about taking charge of your mental health from NAMI
[attach the image "Taking Charge of your Mental Health"]
Image Description: Productive ways to take charge of your mental health image.
- ❸ You can make a difference with #MentalHealthFirstAid! trainings are available now. For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.
[attach the image "MHFA poster"]
Image Description: Mental Health First Aid Training flyer.
- ❹ Since Fall of 2016, when the trainings were first introduced, CIT has trained and certified over 425 officers in behavioral health crisis intervention.

The crisis intervention team (CIT) is an innovative police based first responder program of pre-arrest jail diversion for those in a mental illness crisis. They provide 40-hour trainings to first responders throughout the Tri-County area to become highly trained in mental health crisis de-escalation.

Community members may now call the police and request a CIT-certified officer, and the officer sent will be an expert on de-escalation and recovery resources.

To learn more about CIT, get connected by visiting their website at www.tricountycit.com or follow and Like the CIT Facebook Page @tricountycit

- * Know the signs of depression!
[attach the image "9 Signs of Depression"]
Image Description: 9 signs identifying depression.
- * The National Alliance of Mental Illness (NAMI) has a Greater Lansing Chapter that is Mid-Michigan's Voice on Mental Illness.

The @namilansing has information on weekly support groups, classes, and community presentations to address mental health and behavioral health.

Visit their website to learn more about Lansing's local NAMI chapter:

- * Seeking a new health care provider? Look no further than the Ingham Community Health Centers, your go-to for quality, affordable healthcare for all. Visit HD.Ingham.org/CHC for more information.

Ingham Community Health Centers' School-Based services provide Licensed Social Workers who offer screening and assessment for a variety of behavioral health issues facing adolescents today. Find participating school locations at HD.Ingham.org/CHC.

[attach an image "ICHC Child & Adolescent Health"]

Image Description: Image of an adolescent boy wearing a backpack, smiling at the camera.

- * Seeking a new health care provider? Look no further than the Ingham Community Health Centers, your go-to for quality, affordable healthcare for all. Visit HD.Ingham.org/CHC for more information.
- * The Ingham Community Health Centers offer behavioral health consultants who can help you manage aspects of your physical, emotional, and behavioral health. Contact any Ingham Community Health Centers location to schedule at your convenience.

[attach an image "ICHC Behavioral Health Services "]

Image Description: Image of a woman talking to a behavioral health consultant.



ATTACHMENTS

Coping Strategies for Stress



MHFA Poster



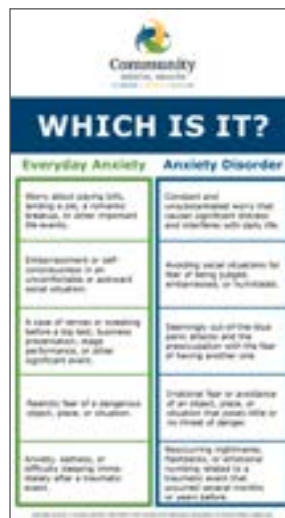
American Foundation Mental Health Resource



Sources of Stress



Which is it Anxiety



Myth vs Fact - Employment



What is Stress?



Myth vs Fact - Violence



Weekly Wellbeing Checkup



Behavioral Health Screening Tool



You Can Talk to Me



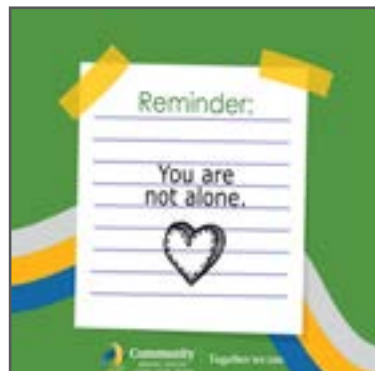
Show Your Support



9 Signs of Depression



Reminder: You Are Not Alone



Average Teen or Warning Sign



Mental Health at School



Recovery is Possible



988 Facebook Post



988 LinkedIn Post



988 X Post



ICHC Child & Adolescent Health Graphic



2. HEALTH & WELLNESS

POSTS

- ✓ Check out this awesome map of parks and trails in the Capital Area, courtesy of the @CapitalAreaHealthAlliance! Visit their website at https://capitalareahealthalliance.org/healthy_living_resources.php to view the latest map of the Capital Area parks and trails.
- ✓ CMHA-CEI offers a variety of health and wellness resources! Learn more about how you can take control of your health by following the link here: <http://www.ceicmh.org/community-resources/wellness>
Insert Image: Hiking to Wellness
Image Description: Wellness Works. Get moving and release stress.
- Wellness Tip: Feeling stressed? Take a moment to be present. **[attach the image "Get off the Grid"]**
Image Description: Spend time doing something fun.
- Wellness Tip: Put the power of health apps to work for you! Download nutritional guides, recipe ideas, meditation apps, or apps that help you track your activity and exercise. [Link: www.prevention.com/health/sleep-energy/g24736063/best-health-apps/]
- ✓ CMHA-CEI continues to promote and share their Recreational Resource Directory! Discover fun ways to get active this year by discovering local parks, trails, and more. Download and view the new publication by visiting <http://www.ceicmh.org/about-us/publications>
[Insert Recreational Resource Graphic by clicking HERE]
- * Setting boundaries is a great way to establish your own sense of joy within your daily life. Boundaries are the limits that we set for ourselves and with others. Boundaries can apply to our physical space, mental capacity, and our time. Boundaries helps us establish what feels safe or what feels uncomfortable to us. Learn how to successfully set your own boundaries to cultivate your own sense of joy.
Link: https://www.youtube.com/watch?v=vYboyJ2_w84
- How many Keys to Wellness can you work on? **[attach the image "Keys to Wellness"]** Image Description: Keys to wellness graphic.
- * The average person will encounter over 60,000 germs a day between coughs, sneezes, shared drinks, and high-fives. ICHD can help you combat those germs while keeping our community healthy. Take your shot to help protect yourself and others from diseases such as influenza and COVID-19. It's never too late; learn more today at www.YourShotToHelp.com
[attach an image "Your Shot to Protect Loved Ones "]
Image Description: Image of a man and teenage girl smiling with bandages in the shape of a heart.

- Have you been thinking about starting on a track to wellness? Start here! [\[attach the image "Start Somewhere"\]](#)
 Image Description: 15 minutes of moderate exercise is a great start!
- Feeling stressed? Reduce your stress using these 5 tips! [\[attach the image "5 simple ways to reduce stress"\]](#)
 Image Description: Get moving, step away, build healthy habits.
- Be kind to others, it benefits you both! [\[attach the image "Wellness Works - Smile"\]](#)
 Image Description: Be kind to others graphic.
- Be mindful of your eating habits, are you eating because you are hungry or because you are stressed? [\[attach the image "Wellness Works - Stress Eating"\]](#)
 Image Description: Eating more fiber and fruits and vegetables graphic.
- You should always aim for the stars, but setting smaller goals along the way will help you stay motivated! [\[attach the image "Wellness Works - Goals"\]](#)
 Image Description: Endorphins are released during exercise that are feel good chemicals.
- * Looking for ways to educate your teen about their health? Encourage them to join CENTIVIZE, a new text-based resource promoting health and wellness to teens and young adults through the Ingham County Health Department. They can get involved by texting CENTIVIZE to 517-887-4315.
[\[attach an image "CENTIVIZE"\]](#)
 Image Description: Image of a teenage girl wearing headphones and drinking coffee
- There just doesnt seem to be enough hours in the day to keep up with the demands of work, school, etc. The slightest change in routine can make a big difference in your overall mood, self-esteem, and mental health. Here are some practices that will help you reach your daily goals. [\[Insert Wellness Practices Graphic\]](#)
 Image Description: Strategies listed to deal with stress and anxiety.
- Practicing different forms of mindfulness, such as Belly Breathing, can help calm and relax youth and young adults during times in stressful situations. Check out this catchy tune to learn about belly breathing - you might spot some familiar famous faces! [YouTube Link Here!](#)
- Embrace the "magic" of endorphins!
[\[attach the image "Wellness Works - endorphins"\]](#)
 Image Description: Wellness Works with endorphins image.
- Don't sweat it! [\[attach the image "Don't Sweat the Small Stuff"\]](#)
 Image Description: Phrase "Don't Sweat the Small Stuff" image.



- * Seeking information on housing, food, healthcare, or public benefits assistance? ICHD's Health & Resource Navigation team can help Ingham County residents find and enroll in the services they may be eligible for. Visit https://health.ingham.org/health/health_promotion_and_prevention/healthresourcenavigation.php or call 517-887-4306 for more information and assistance.

[attach an image "Health & Resource Navigation Services"]

Image Description: Image of a woman with a nurse and child high-fiving.

- * At CMHA-CEI, we are committed to promoting a culture of health and wellness for those we serve, our staff, and our communities.

The Culture of Health and Wellness Committee has updated their strategic plan for the next several years.

Take a look at some of the initiatives that CMHA-CEI will be hoping to adopt in the following years to come.

Visit <http://www.ceicmh.org/about-us/publications> to view and download the Creating a Culture of Health 2025 Plan.



ATTACHMENTS

Get off the Grid



Don't Sweat the Small Stuff



Start Somewhere



Wellness Works - Stress Eating



Rethink your Drink



Your Shot to Protect a Loved Ones Graphic



CENTIVISE Graphic



5 Simple Ways to Reduce Stress



Wellness Works - Goals



Wellness Practices



Keys to Wellness



Wellness Works - Smile



Wellness Works - Endorphins



ATTACHMENTS

[Health & Resource Navigation Services Graphic](#)



3. SELF EFFICACY/MOTIVATION

POSTS

- You can achieve your goals! [\[attach Motivational Quote #1\]](#)
Image Description: "It does not matter how slowly you go as long as you do not stop." Confucious
- Set yourself up for success! [\[attach Motivational Quote #2\]](#)
Image Description: "What you do today can improve all your tomorrows." by Ralph Marston
- You can do this! [\[attach Motivational Quote #3\]](#)
Image Description: "Perserverance is not a long race, it is many short races one after the other." by Walter Elliot
- Surround yourself with support! [\[attach Motivational Quote #4\]](#)
Image Description: "The key is to keep company only with people who uplift you, whose presence calls forth your best." by Epictetus
- Kindness breeds kindness. [\[attach Motivational Quote #5\]](#)
Image Description: "Be kind whenever possible. It is always possible." by Dalai Lama.
- You matter! [\[attach Motivational Quote #6\]](#)
Image Description: "Act as if what you do makes a difference. It does." by William James.
- Spread kindness! [\[attach Motivational Quote #7\]](#)
Image Description: "No act of kindness, no matter how small, is ever wasted." by Aesop.
- You are strong! [\[attach Motivational Quote #8\]](#)
Image Description: "With a new day comes new strengths and new thoughts." by Eleanor Roosevelt.
- Your accomplishments add up! [\[attach Motivational Quote #9\]](#)
Image Description: "Great things are done through a series of small things brought together." by Vincent Van Gogh.
- Don't give up on hope! [\[attach Motivational Quote #10\]](#)
Image Description: "Everything that is done in this world is done by hope." by Martin Luther King.
- Make your days count! [\[attach Motivational Quote #11\]](#)
Image Description: "Don't count the days. Make them count." by Muhammad Ali.



- Today is a new day! You can make your own future. [attach Motivational Quote #12]

Image Description: "The best way to predict your future is to create it."
by Abraham Lincoln



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



Motivational Quote #9



Motivational Quote #10



Motivational Quote #11



Motivational Quote #12



4. TRAUMA

POSTS

- ✓ Do you know what to do if someone is having a mental health emergency? If they are in the tri-county area, 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._
<http://ceicmh.org/services/cs>
- ✓ Community Mental Health Authority of Clinton, Eaton, and Ingham Counties has a broad continuum of youth intensive crisis stabilization services including a free 24/7 free standing crisis center for walk-in crisis services needs, mobile crisis teams, urgent care (crisis stabilization), urgent access to psychiatry, and crisis respite. Call 517-346-8008 to access these services. <http://ceicmh.org/services/cs>
- 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 the Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.
[attach the image "MHFA Poster"]
Image Description: Know the signs, learn the actions, and be a lifeline training poster for Mental Health First Aid Training.

Click here to take the free and anonymous online behavioral health screening tool: <https://bit.ly/BehavioralHealthScreeningTool>

[Insert: Behavioral Health Screening Tool Image]

Image Description: Behavioral Health Screening Button Image.

- This quiz is for anyone—teens, adults, elders—to assess and strengthen the resiliency building conditions in their lives. Use it for yourself or use it as a tool to help others you care about build their resiliency. <https://www.resiliency.com/free-articles-resources/the-resiliency-quiz/>

- ☛ Taking time to care for yourself is an important part of recovery from trauma. [\[attach the image "Self-Care and Resilience"\]](#)
 Image Description: Strategies for self-care & resilience and on how to practice physical self-care, social self-care, spiritual self-care, and emotional self-care.
- ☛ Life has been challenging for many of us in more ways than one. These tips may help you find ways to cope during times of stress.
[\[attach the image "Coping with Stress"\]](#)
 Image Description: Image identifying ways to check in with yourself, take care of your physical health, prioritize rest and fun, and stay informed, but set boundaries.
- ☛ Know the Truth about ACEs. ACEs are Adverse Childhood Experiences. Based on the scoring of your ACEs can determine your risk for developing negative health outcomes.
[\[Insert ACE's Graphic\]](#)
 Image Description: The truth about Adverse Childhood Experiences Image.
- ☛ Please read and share this informative resource for 10 tips on how to help someone experiencing trauma. Source www.mentalhealthfirstaid.org.
[\[attach the image "10 Tips to Help Someone Experiencing Trauma"\]](#)
 Image Description: Image referencing ways to offer support to an individual after they have experienced something traumatic.
- ☛ Please read and share this important resource for identifying 10 signs someone is experiencing trauma. Source www.mentalhealthfirstaid.org
[\[attach the image "10 Signs Someone is Experiencing Trauma"\]](#)
 Image Description: Image referencing signs that someone may be experiencing trauma. Signs are shock, anger, sadness, etc.
- ☛ The Crisis Care Center (CCC) is coming soon to the Lansing Area! Community members, who are experiencing a behavioral health crisis, can seek services and supports at the new Crisis Care Center!

The CCC will be providing specialized supports and coordination efforts to those who need care at all stages of a crisis: prevention, intervention, and continued care.

The CCC will be located at 2900 Stabler St. Lansing, MI 48910. Stay tuned for more information regarding opening date and details!

If you need immediate crisis care services support, CMHA-CEI Crisis Services are open 24/7, 365 days a year. Please give us a call at 517-346-8460

ATTACHMENTS

10 Tips to Help Someone Experiencing Trauma



Self-Care & Resilience



COVID-19 Support Line



10 Signs Someone is Experiencing Trauma



MHFA Poster



Behavioral Health Screening Tool



ACES Graphic



Coping with Stress



Crisis Care Center Logo



5. SUICIDE PREVENTION

POSTS

- ✓ Do you know where to go in a mental health emergency? Community Mental Health Authority of Clinton, Eaton, and Ingham Counties' Crisis Services is open 24/7 and can be reached at 517-346-8460.
- ✓ Do you know where to go when a young person experiences a mental health crisis? Community Mental Health Authority of Clinton, Eaton, and Ingham Counties has a broad continuum of youth intensive crisis stabilization services including a free 24/7 free standing crisis center for walk-in crisis services needs, mobile crisis teams, urgent care (crisis stabilization), urgent access to psychiatry, and crisis respite. Call 517-346-8008 to access these services.
- 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 the Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.
[attach the image "MHFA Poster"]
Image Description: Know the signs, learn the actions, and be a lifeline poster for Mental Health First Aid Training.
- Want to help prevent suicide in your community? Get trained in QPR! QPR is a one-hour training that teaches participants to recognize the signs of suicide and the steps to getting a person to help. For more information on this training contact the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.
[attach the image "QPR Poster"]
Image Description: Question, Persuade, and Refer is an emergency mental health intervention training.
- "Effective prevention starts with YOU." Find out more by visiting the Suicide Prevention Resource Center! <https://www.sprc.org/>
- #BeThe1To Ask
The National Suicide Prevention Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress.
[attach the image "BeThe1To Ask"]
Image Description: Image for the Be The 1 To Ask campaign.
- Join the Zero Suicide Movement: Let's work together to increase suicide prevention! Zero Suicide is an approach that takes the view that suicide deaths are preventable and that even one death is too many. By starting a conversation about mental health with friends, family, and peers can help reduce the rate of suicide by starting the conversation early and connecting those in need with behavioral health supports.
[attach the image "Zero Suicide"]

- * Please share these national suicide prevention resources for members of the LGBTQ+ community from American Foundation for Suicide Prevention!
[attach the image "AFSP LGBTQ suicide prevention"]
Image Description: Contact resources for LGBTQ Suicide prevention
- * Call. Text. Chat. The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ+) young people under 25. www.thetrevorproject.org/get-help-now/
- * Call. Text. Chat. The Veterans Crisis Line connects veterans with caring, qualified responders with the Department of Veteran Affairs. Many of them are Veterans themselves. Seeking support for mental health is a sign of strength and courage. Contact someone today. www.veteranscrisisline.net
- ☐ Do you know the warning signs and risk factors of suicide? Find out more today. <https://afsp.org/risk-factors-protective-factors-and-warning-signs/>
- ☐ Learn more at the American Foundation for Suicide Prevention website www.afsp.org #SuicidePrevention
[attach the image "Michigan Suicide Facts 2018"]
Image Description: Suicide is the 10th leading cause of death in Michigan graphic.
- ☐ "We can all prevent suicide." Read stories of hope and help: #SuicidePrevention <http://suicidepreventionlifeline.org/stories/>
- ☐ There are Suicide Prevention Resources for Military and Veterans available that can assist anyone in need. If you are a veteran and are struggling with behavioral health, please contact CMHA-CEI Veterans Navigation Team by calling our Access Center at 517-346-8313. [Insert Veteran and Military Suicide Resource Graphic]
- ☐ Did you know that by acknowledging a change in someone's attitude, mood, or habits is a chance to speak with someone directly about your concerns? If you or a loved one is experiencing behavioral health changes, have them take the behavioral health screening tool here: <https://screening.mentalhealthscreening.org/cei.>
- ☐ Suicide is the second leading cause of death for young people between 10 to 24. Sometimes your struggle can be underestimated because of your age. But we hear you, and help is available! Learn more by checking out the Suicide Prevention Lifeline's tips for young people and those who love them.
<https://988lifeline.org/help-yourself/youth/>



- * Call. Text. Chat. The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ+) young people under 25. www.thetrevorproject.org/get-help-now/
- * While texting, group chats, and DMs can be common forms of keeping in touch with friends and loved ones, they can cloud any evidence of concerning body language or tone you would typically see hanging out in person. So how do you know if something is off? Learn the signs on @AFSPMichiganChapter [Seize the Awkward website!](#)
- * Please share these national suicide prevention resources for military and veterans from American Foundation for Suicide Prevention!
[attach the image "AFSP veterans suicide prevention"]
Image Description: Resources listing Suicide Prevention Resources for Military and Veterans. Military and Veterans Crisis Line is 1-800-273-8255, Press 1 or text 838255, 24/7.
- * Suicide prevention hotlines save lives. Be prepared for an emergency- save one or more in your phone contacts today.
[attach image "National Suicide Prevention Hotlines"]
Image Description: Flyer identifying suicide prevention hotlines. The National Suicide Prevention Lifeline is 1-800-273-8255, the Crisis Text Line is text Hello to 741-741, the Trans Lifeline is 877-565-8860, and the Trevor Lifeline is 1-866-488-7386.
- * There are many signs that someone may be struggling, including changes in behavior, sleeping too much or too little, increased drug or alcohol use, behaving recklessly, and more. Know the signs. Be a lifeline. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org. #988Lifeline
[Download and insert the 988 video [HERE](#)]
- * When a young person is struggling, they may exhibit severe emotional pain, feel trapped, or feel hopeless about the future. Caring help to find hope is within reach, the #988Lifeline is available 24/7/365. No judgment. Just compassion and support. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org.
[Download and insert the 988 video [HERE](#)]
- * Today, the community can text, call, and chat with the Suicide Prevention Lifeline by dialing either 988 or 1-800-273-8255. To view more frequently asked questions about the new 988 line, please visit here: <https://www.samhsa.gov/find-help/988/faqs>



ATTACHMENTS

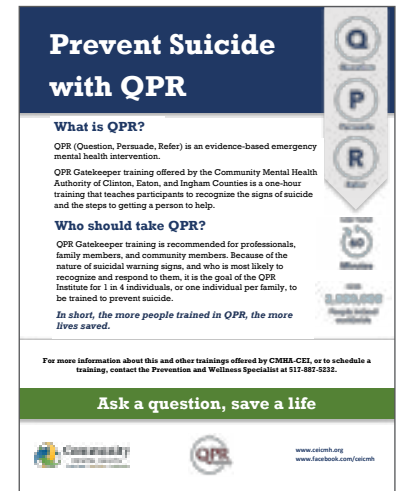
Michigan Suicide Facts 2018



MHFA Poster



QPR Poster



#BeThe1To Ask



CTL Ad



Zero Suicide



National Suicide Prevention Hotlines



AFSP Veterans Suicide Prevention



AFSP LGBTQ Suicide Prevention



Behavioral Health Screening Tool



6. SUBSTANCE USE DISORDERS

POSTS

- ✓ What are Peer Recovery Coaches? Peer Recovery Coaches are individuals with personal experience in substance use disorder and recovery. They walk alongside individuals seeking support with both harm reduction and recovery. They act as mentors, guides, and advocates in the recovery process, offering a sense of hope and empowerment. Peer Recovery Coaches assist in access to services/supports and connections to care.

Contact a Recovery Coach today for more information on our recovery services!

Primary Number: 517-237-7233

Secondary Number: 517-237-7230

Email: integratedtreatmentandrecoveryservices@ceicmh.org

[attach the image "Recovery Coach Cards"]

Image Description: Contact a recovery coach at CMHA-CEI by calling 517-887-5316 image.

- ✓ Community Mental Health Authority of Clinton, Eaton, and Ingham Counties provides services for people experiencing a substance use problem that will require withdrawal management. Contact the Recovery Center today at 517-267-7623 for more information. Walk-ins are available 24/7 at 812 E. Jolly Rd. Lansing, MI.

[attach the image "The Recovery Center"]

Image Description: Image of the Recovery Center and ways to contact.

- ✓ Need help with a Substance Use Disorder? Call Community Mental Health Authority of Clinton, Eaton, and Ingham Counties to start accessing services and resources at 517-237-7233. <http://ceicmh.org/services/itrs>

- 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 the Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.

[attach the image "MHFA Poster"]

Image Description: Know the signs, learn the actions, and be a lifeline poster for Mental Health First Aid Training.

- * Unsure if your substance use is something to be concerned about? Take a quick screening here to help you to determine where you are at and how to seek help. <https://bit.ly/BehavioralHealthScreeningTool>
- * The Capital Area Take Back Meds program is available for safe disposal of your unwanted drugs. <https://www.dea.gov/takebackday>

- * Have you heard? The House of Commons (HOC) has a new name and look!

HOC is now Cedar Roots Recovery. Learn about the redesigned residential treatment for substance use disorder facility and how to seek treatment by visiting our website at <http://www.ceicmh.org/services/itrs> or call 517-244-0393. For more information, please visit our website at <http://www.ceicmh.org/services/itrs> or call 517-244-0393.

Take the First Step Towards a Healthier Future.

[attach the image "Cedar Roots Recovery Logo"]

- * Is your drinking pattern risky? Find out. <https://www.rethinkingdrinking.niaaa.nih.gov/>
- "Whether you know it or not, people look up to you." #BeARoleModel #StayTrueToYou <https://youtu.be/zmdRdcGP4b8?si=V-VrdqRzy2eIHQVc>
- Safe storage of opioid medications is a great way to prevent opioid misuse. [attach the image "Safe Storage Flyer"]
Image Description: Identifying ways for safe storage for perscribed opioids.
- Turning down drugs – especially if you’re at a party or hanging out with friends – can be a little awkward and uncomfortable even for the most confident people. You know that you really don’t want to do drugs. But just saying “NO” to your buddies can be difficult. Struggling with what you can say? Here are eight honest and anxiety-free ways to say “no” and still keep your cool: Link: <https://www.justthinktwice.gov/article/just-say>
- Need resources and advice on how to quit vape and tobacco use? Quitting cold turkey may not be the answer, but the CDC can help you create a plan for a sustainable nicotine free life. Visit the CDC 1-800-QUIT website here: https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm?s_cid=OSH_misc_M298
- Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Michigan Tobacco QuitLine can help you with each step of the way.
[attach the image "Michigan Quitline"]
Image Description: Blue and white image of the QUIT line and it’s contact information.
- ✓ Substance use impacts our mental health. If you are interested in learning what the different levels of care may look like, you’ll see that seeking help for addiction is not as scary as it seems. Taking the first step is the hardest part. Integrated Treatment and Recovery Services (ITRS) is here to help. Give the CMHA-CEI Access Center a call at 517-346-8318. [attach the images: ITRS Graphics]



- * Naloxone, commonly known as Narcan, is an emergency rescue medication that can be easily administered in the event of an opioid overdose. Find a location where Naloxone is available to the public for free using the Ingham County Health Department's map: https://health.ingham.org/health/health_promotion_and_prevention/naloxone.php.

[attach an image "Carry Narcan"]

Image Description: Image of a Narcan kit displayed.

- * Gradual, positive change is possible. Harm reduction provides tools for safer substance use for when a person is not yet able to go into recovery. Get access to free, anonymous resources. More at <http://InghamHarmReduction.org/support>.
[attach an image "Harm Reduction-Safety Not Judgment"]
Image Description: Text about Harm Reduction.
- ✓ Everyone's sobriety journey is different. Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) and their Integrated Treatment & Recovery Services Department (ITRS) are dedicated to being a friendly face when an individual is ready to take that first step towards recovery.

Learn more about ITRS by watching the video below: YouTube Video Link: <https://www.youtube.com/watch?v=mrl2FZM0Et4>

Upload the video in the post, which will automatically play the video in your news feed. Download [Here](#)



ATTACHMENTS

The Recovery Center



Cedar Roots Recovery Logo



Michigan Quitline



Safe Storage Flyer



MHFA Poster



Naloxone social post Image



Recovery Coach
(Tabel Tent Cards JPEG and PDF)



ATTACHMENTS

Carry Narcan
Image



Harm Reduction Safety
Not Judgement
Graphic



ITRS Grouped
Graphics: Click on each
graphic to download



7. ANTI-STIGMA

POSTS

- ✓ Join the movement! Hundreds have already joined the #StandAgainstStigma movement and now you can too! [\[attach the image "Stand Against Stigma Flyer"\]](#)
Image Description: Flyer describing the mission, who can join the movement, and how you can join the movement.
- ✓ Join the movement! Hundreds have already joined the #StandAgainstStigma movement and now you can too! www.ceicmh.org/stand-against-stigma
- * #StandAgainstStigma by improving your mental health literacy with Mental Health First Aid! For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call the Prevention and Wellness Specialist at 517-887-5232 or email prevention@ceicmh.org.
[\[attach the image "MHFA Poster"\]](#)
Image Description: Know the signs, learn the actions, and be a lifeline poster for Mental Health First Aid Training.
- 📌 It's time to start talking about mental illness. #StandAgainstStigma <https://makeitok.org/>
- 📌 Download the Know Bullying App today! <https://www.samhsa.gov/> [\[attach the image "SAMHSA - KnowBullying"\]](#)
Image Description: Talk with your child about bullying flyer. White flyer with an image of a mom and child holding hands.
- 📌 Do you know how common mental illnesses are? #StandAgainstStigma [\[attach the image "MakeitOk Graphic"\]](#)
Image Description: Infographic explaining how common having a mental

COVER PHOTO

- See the images "StandAgainstStigma - 1, 2, & 3" in attachments and use one of them as a cover photo for your Facebook page!
- Image 1 Image Description: Group of teens and their shoes in a circle.
- Image 2 Image Description: Young mom holding hands with a young girl.
- Image 3 Image Description: Young man smiling at camera on a busy street corner.



ATTACHMENTS

[StandAgainstStigma - 1](#)



[StandAgainstStigma - 2](#)



[StandAgainstStigma - 3](#)



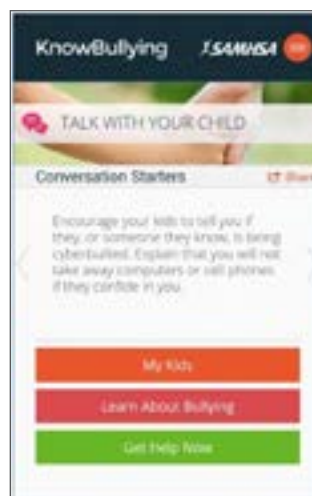
[MHFA Poster](#)



[MakeItOk Graphic](#)



[SAMHSA - KnowBullying](#)



[Stand Against Stigma Flyer](#)



AWARENESS DAYS/WEEKS/MONTHS

AWARENESS MONTHS

March

National Nutrition Month

April

Autism Awareness Month

May

Mental Health Month

June

Post Traumatic Stress Disorder Awareness Month

July

BIPOC (Black, Indigenous, and People of Color) Mental Health Month

September

National Recovery Month

October

National Depression & Mental Health Screening Month

Health Literacy Month

National Bullying Prevention Month

December

National Stress-Free Family Holidays Month

AWARENESS WEEKS

Feb 9-15, 2026

Children's Mental Health
Awareness Week

March 16-22, 2026

Brain Awareness Week

May 10-16, 2026

National Prevention Week

September 6-12, 2026

National Suicide Prevention Week

October 4-10, 2026

Mental Illness Awareness Week

October 11-17, 2026

International OCD Awareness Week

AWARENESS DAYS

April 2, 2026

Autism Awareness Day

May 7, 2026

Children's Mental Health Awareness Day

June 27, 2026

National Post Traumatic Stress
Disorder Awareness Day

September 10, 2026

World Suicide Prevention Day

October 8, 2026

National Depression Screening Day

October 10, 2026

World Mental Health Day

December 3, 2026

International Day of Persons
with Disabilities



SOURCES

1 *Mental illness and victimization information from U.S. Department of Health & Human Services* <https://www.mentalhealth.gov/>

2 *Address Your Stress information from Mental Health First Aid England* <https://mh-faengland.org/>

3 *Everyday anxiety vs anxiety disorder information from Anxiety and Depression Association of America* <https://adaa.org/>

4 *Mental health and employment information from U.S. Department of Health & Human Services* <https://www.mentalhealth.gov/>

5 *Endorphins information from Harvard Health Publishing* <https://www.health.harvard.edu/>

6 *Stress and resilience building information from Federal Occupational Health* <https://foh.psc.gov/>

7 *Coping with stress during a disease outbreak information from the Substance Abuse and Mental Health Services Administration* <https://www.samhsa.gov/>

