

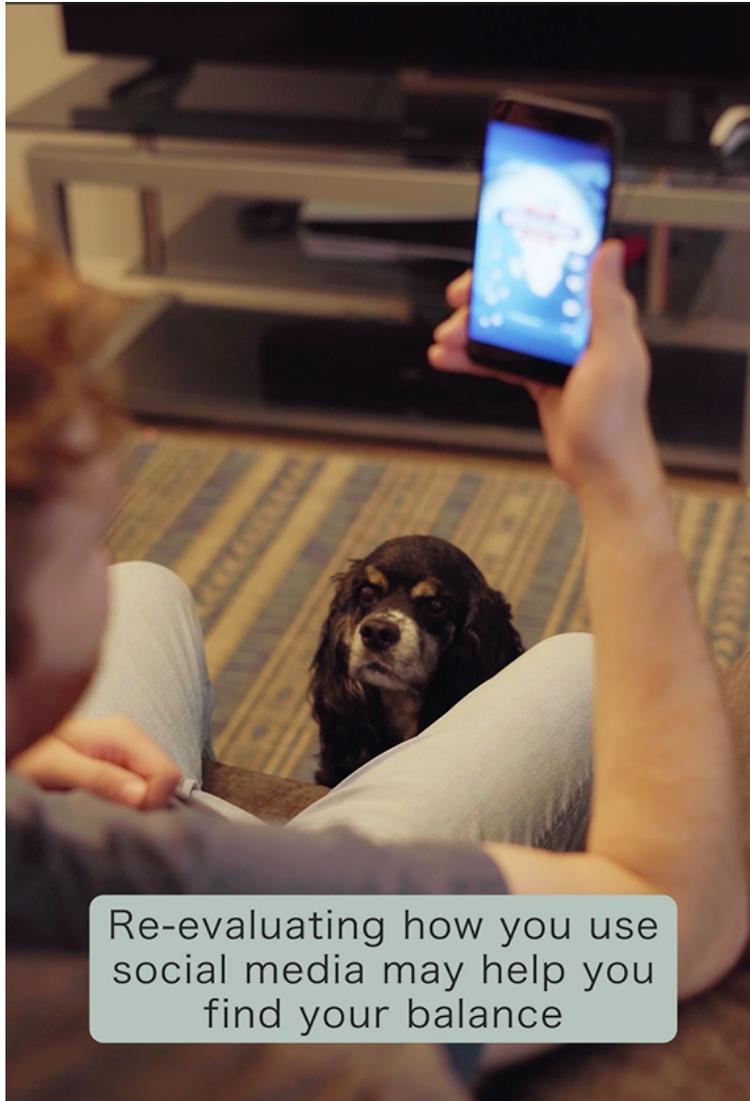
NMDOH will post toolkit assets daily at 8 a.m. from Oct. 3 through Oct. 9 and again on Oct. 11.

Partners can reshare these posts from our social media accounts ([Facebook](#), [Instagram](#), [Twitter/X](#)) or post assets themselves. Please download the original graphics and video from [TakeABreakNM.org](#).

Date	Content	Suggested Caption
<p>10/3</p> <p>Graphic Post: Mental Health Day - Facebook cover photo</p>		<p>This #MentalHealthDay, take a break from your apps to help understand and adjust your use for a healthier relationship with social media.</p> <p>Find resources and assessment tools at TakeABreakNM.org.</p> <p>#TakeABreakNM #NMhealth</p>
<p>10/3</p> <p>Graphic Post: Mental Health Day logo - square</p>		<p>Social media can help us feel positive and connected, but sometimes we can feel lonely and disconnected when using it, too.</p> <p>This #MentalHealthDay, take a break from your apps to help understand and adjust your use for a healthier relationship with social media.</p> <p>Find resources and assessment tools at TakeABreakNM.org.</p> <p>#TakeABreakNM #NMhealth</p>

10/4

Video Post:
TakeABreak.m
ov



Re-evaluating how you use
social media may help you
find your balance

Social media can be a place to connect and find support, and can even be a stage for our creativity. At the same time, it can lead to comparison, perfectionism, and isolation.

Taking a break from social media can help you understand and adjust your use. Find resources and assessment tools at TakeABreakNM.org.

#TakeABreakNM #MentalHealthDay
#NMhealth

10/5

Video Post:
Connected -
mobile video



We're more
connected
than ever, and
that can
sometimes be
overwhelming.

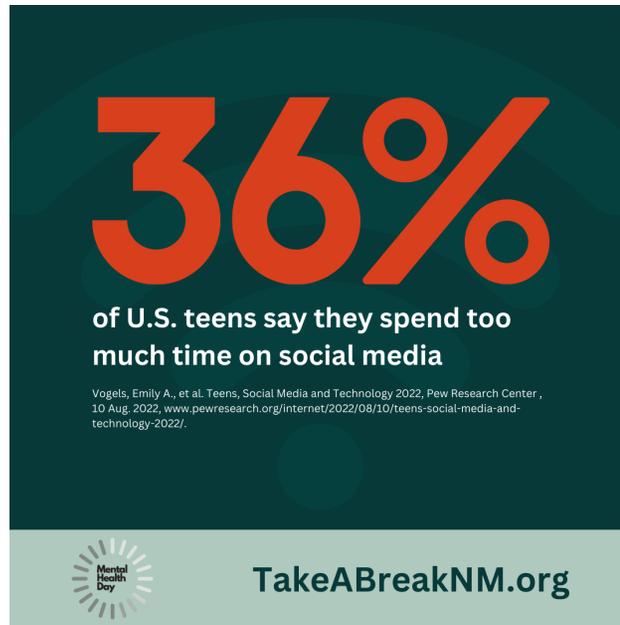
Sometimes, you just need a break. This #MentalHealthDay, consider taking a break from social media to help understand how it impacts you in your life.

Find resources and assessment tools at TakeABreakNM.org.

#TakeABreakNM #NMhealth
#MentalHealthDay

10/6

Graphic post:
Statistic -
square



Do you know how much time you spend on social media on an average day? What situations, thoughts, or feelings generally prompt you to browse apps?

Explore how social media impacts you and find tools that can help you create a healthier relationship with it.

Learn more at [TakeABreakNM.org](https://www.TakeABreakNM.org).

**#TakeABreakNM #NMhealth
#MentalHealthDay**

10/7

Video Post:
Self-care -
mobile video



SELF-CARE
SELF-CARE
SELF-CARE
SELF-CARE
SELF-CARE

When life gets stressful, we often reduce self-care. For most of us, self-care takes practice, and that's okay!

You are not alone and resources are available to help guide you towards a deeper connection with yourself and others. Learn more at TakeABreakNM.org.

If you or someone you know is struggling or in crisis, help is available. Call or text TALK to 988 or chat 988lifeline.org

#TakeABreakNM #NMhealth
#MentalHealthDay

10/8

**Carousel
Graphic Post
(2 graphics):**

Quote carousel
post 1 - square

And

Quote carousel
post 2 - square

I want adults to understand that
We are expected to make the world better.
We are expected to be what our elders want
us to be. We are expected to talk about what
we feel, but aren't really being heard.

Mental Health Day

TakeABreakNM.org

If you or someone you know is
in crisis, help is available.

Help & Hope in New Mexico
988
24/7 Lifeline for Emotional,
Mental or Substance Use Distress

Call or text 988 or chat
988lifeline.org.

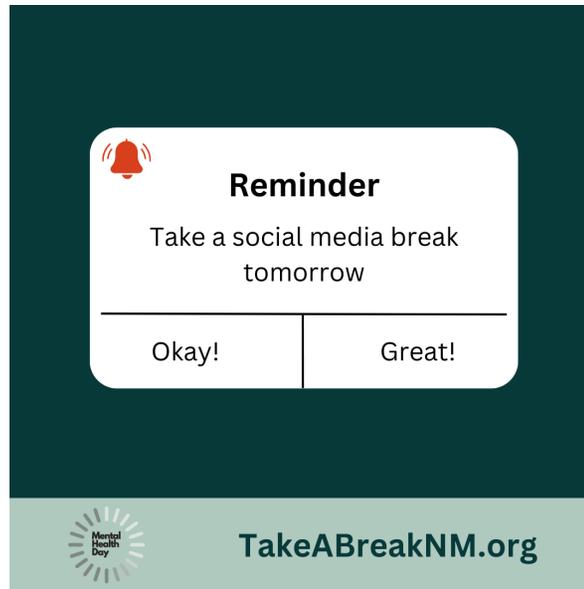
Find resources for both youth and adults to understand the impacts of social media and take care of your mental health at [TakeABreakNM.org](https://www.TakeABreakNM.org).

If you or someone you know needs support now, call or text TALK to 988 or chat [988lifeline.org](https://www.988lifeline.org).

#TakeABreakNM #NMhealth
#MentalHealthDay

10/9

Graphic Post:
Reminder -
square



Tomorrow's #MentalHealthDay! Join us in taking a break from social media and practicing some self-care.

Visit [TakeABreakNM.org](https://www.TakeABreakNM.org) to find resources to help you assess the role of social media in your life.

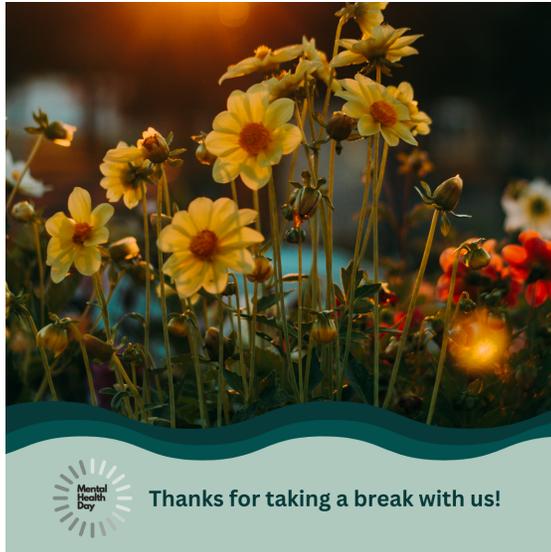
#TakeABreakNM #NMhealth

10/11

Graphic post:
Thanks for
Taking a Break

Or

Video post:
Thanks For
Taking a Break
- mobile video



Or



Thanks for joining us in celebrating #MentalHealthDay and taking a brief break from social media.

Visit TakeABreakNM.org anytime to find tools for assessing social media use and links to mental health resources.

If you or someone you know needs support now, call or text TALK to 988 or chat 988lifeline.org.

#TakeABreakNM #NMhealth
#MentalHealthDay

