**Social Media Posts to Promote Mental Health Awareness**

1.

[“Shift your Mindset” Facebook image](https://cdn2.hubspot.net/hubfs/1751431/The%20Spot/Coronavirus/Shift%20Your%20Mindset_FB.jpeg)

2.

Your mental health matters just as much as your physical health. Check out upcoming ERS webinars on topics that impact our mental health: managing relationships, financial fitness, and smashing the stigma around mental health conditions. [link to [wellness events calendar](https://www.ers.texas.gov/Event-Calendars/Wellness-Events), and make sure there is an image]



3.

[Human connection is essential for our mental health. Here are some words of wisdom from one of the HealthSelect of Texas vendors, Naturally Slim’s Todd Whithorne](https://vimeo.com/403105615).