Navigating Social Media

WITH NICOLE
Do Be Unique and engaging

- Be proud of who we are and what NAMI stands for! We are proud to be a leader in the fight of mental health stigma. We want to shine a light on a subject that is often frowned upon.
Do Make Relationships

- We are all in this together so not only do we promote our trainings but other mental health agencies as well. When Mo Mental Health Foundation, The MO Coalition of Mental Health or American Foundation for Suicide Prevention, or another mental health advocacy posts a walk or training, we should post it! We want to form good relationship with other agencies. We all are working for the same cause.
We want not only to post upbeat and helping information but articles as well. As much as we want to bring a smile to our followers’ face, it also helps to post articles on how on living with mental illness. As well as post that show ways to get through an anxiety attack, or the number text or call if we are in crisis.
These were listed as “don’t”

- Don’t be needy or invite your friends
- Don’t over share
- Don’t post more than 2 posts per day on Facebook
- Don’t use poor grammar or spelling
- Don’t share the same message repeatedly
- Don’t share sadness
Ignore the Don’t list

- When I took over NAMI MO’s Facebook page, we have around 1600 followers. By Jan 6, 2019 we had 4,196 followers. And of December 6, 2020 we have 17,181.

- I keep it real. I am a person living with a mental illness. I post what speaks to me.
Where to find posts. A few of my favorites

- The Mighty; Mental Health, Anxiety, Borderline and PTSD.
- Positive Outlooks
- Positive Thoughts
- Peer Support Specialist Rock
- Mindfulness Ireland
- MO Mental Health Foundation
- Other NAMI Facebook pages; Bucks County PA, Stanislaus, Grand Traverse, Juneau
Where to find articles

- NAMI National
- Other NAMI pages
- The Mighty FB pages
- Linkedin
- Newspaper articles
- NIMH
- MIMH
- AFSP
- Even on a friends FB page
Be Careful what you post

- Suicide is a very touchy subject! I would refrain from posting on suicide. It is a topic that can stir up a heated debate. Some people understand while people choose to take their lives while others say it is selfish.

- Avoid politics! I like to stay away from politics because it can be upsetting to many and our nation is polarized.

- We want to our page to be diverse! We love all our brothers and sisters. I like to post how we can support everyone!

- Sexual Orientation! We know the LBGTQ community have the highest suicide numbers! I will try to post helpful information that supports all LBGTQ.
Post these regularly
You may think that you are completely insignificant in this world.
But someone drinks coffee from the favorite cup that you gave them.
Someone heard a song on the radio that reminded them of you.
Someone read the book that you recommended, and plunged headfirst into it.
Someone smiled after a hard day of work, because they remembered the joke that you told them today.
Someone loves themselves little bit more, because you gave them a compliment.
Never think that you have no influence whatsoever.
Your touch, word and good deed which you leave behind cannot be erased.
Interested in starting a virtual support group for people living with mental health conditions? We still have a few openings for our free virtual Connection Recovery Support Group Facilitator Training on Nov. 13-15, 2020. For more information and to apply, visit https://namimissouri.org/event-registration/?ee=2134
YOU

ARE

ENOUGH.

Stay strong;
your story isn’t over yet.

You deserve the LOVE and kindness that you give so easily to others.
Educate

What People Think Abuse is:
- Physical Abuse
- Sexual Abuse

What Abuse Can Actually Be:
- Emotional Abuse
- Financial Abuse
- Abandonment
- Neglect
- Discriminatory Abuse
- Modern Slavery
- Physical Abuse
- Sexual Abuse

What is PTSD?
Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events.

Someone with PTSD often relives the traumatic event through nightmares and flashbacks along with other symptoms such as hyperarousal, anxiety and avoidance. These symptoms may persist long after the traumatic event and can be severe enough to have a significant impact on the person’s everyday life.

Causes
- Traffic accident
- Physical assault
- Traumatic childbirth
- House fire
- Abuse, neglect or bullying
- Being told of a life-threatening illness
- A death or miscarriage
- Any event in which you are seriously injured or fear for your life
Borderline Personality Disorder
1 in 10 commit suicide

BPD is characterized by impulsivity, frequent mood swings, and difficulty regulating emotions, which can lead to impulsive behaviors and relationships.

Anxiety

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults.

<table>
<thead>
<tr>
<th>Risk Factors</th>
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<tbody>
<tr>
<td>Childhood abuse</td>
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<tr>
<td>Medical conditions</td>
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<tr>
<td>Substance use</td>
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<tr>
<td>Family history</td>
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<td>Stressful life events</td>
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Anxiety disorder are anxiety disorders characterized by excessive worry and/or fear that is persistent and excessive to the point that it interferes with daily functioning.

Common Anxiety Symptoms
- Overwhelming fear
- Shortness of breath
- Heart palpitations
- Chest pain
- Tingling or numbness in the fingers, face or toes
- Nausea
- Stomach aches
- Headaches
- Aches

1 in 3 of those suffering from anxiety receive treatment.

56% of people with anxiety say it interferes with their work performance.

Women are 60% more likely than men to develop anxiety.

Anxiety

DID YOU KNOW?

43.8 million adults experience mental illness in a given year.

16 million adults have had at least one major depression episode in the last year.

1-in-5 youth aged 13-18 experience a severe mental disorder at some point in their life.

MORE THAN HALF of adults with a mental illness didn't receive health services in the last year.

http://www.namim.org/education-and-awareness/anxiety/
http://www.nami.org/About-Mental-Health/Anxiety
http://www.anxiety.org/health-care-professionals/patient-information/10-myths-about-anxiety

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Find holiday posts that are supportive but also fun!