

Sample Facebook/Twitter Posts

You can also set up your Facebook so all posts appear on Twitter at the same time. See [Social Media Tips](#) in the CMHAD toolkit for more guidance and ideas about using social media.

Don't miss the [event name] on [date] at [location, with full address]. We'll be there from [time] to [time] working to draw attention to children's mental health, suicide prevention, and more. For more information, visit [website]. #[your event's hashtag]

Suicide is the SECOND leading cause of death for college-age youth, and for ages 10-24 #[your event's hashtag]

DID YOU KNOW? More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED. #[your event's hashtag]

Each day in our nation, there are an average of over 3,041 attempts by young people grades 9-12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher. #[your event's hashtag]

FOUR OUT OF FIVE teens who attempt suicide have given clear warning signs #[your event's hashtag]

Mental or addictive disorders are associated with 90% of suicides. One in ten youth suffer from mental illness serious enough to be impaired, yet fewer than 20 percent receive treatment. In fact, 60% of those who complete suicide suffer from depression. Alcohol and drug use, which clouds judgment, lowers inhibitions, and worsens depression, are associated with 50-67% of suicides. #[your event's hashtag]

GLBTQ young people are considered to be at high risk for suicidal behavior because they are the targets of a great deal of victimization. They report not feeling safe in their schools, feeling confused about their sexuality and suffering some form of verbal or physical abuse. #[your event's hashtag]

If you are in crisis, call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24/7. The service is available to anyone. All calls are confidential.

<http://www.suicidepreventionlifeline.org> #[your event's hashtag]