

# MENTAL HEALTH AWARENESS MONTH

## Social Media Tool Kit

### How you can **#showupforcomplexmentalhealth** this Mental Health Awareness Month

This Mental Health Awareness Month, SANE is encouraging Australians to show their support for individuals living with complex mental health needs.

### When to post

Mental Health Awareness Month runs across the whole of October, although there are some key dates to recognise:

- 1-7: Borderline Personality Disorder
- 9-15: Mental Health Week
- 9-15: International OCD Awareness Week
- 10: World Mental Health Day

### Campaign hashtags

Use the hashtag **#showupforcomplexmentalhealth** on Instagram, Facebook and LinkedIn to see how others have shared their experiences with complex mental health. To view the campaign on Twitter use **#showupforcomplexmentalhealth #showup**.

If you'd like to create some awareness about complex mental health, you can do so by using some of the social 'fact' tiles we have created, or alternatively, you might want to share your own experience.

### Social media tiles

[click here to download](#)