

OZHELP FOUNDATION SOCIAL MEDIA LOG [Content and image creator + scheduling/posting via HubSpot -> Belinda Rule]

JANUARY - General social media posts

Please Note: The majority of hyperlinks included in the content posts are no longer active due to OzHelp's updated social media platforms + weblinks decommissioned
 [RT = Retweet] OzHelp Foundation's current social media platforms: [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#) & [LinkedIn](#)

Media item (incl. location, date, media outlet, link etc.)	Approved & posted	Relevant platforms	Facebook (F)	Twitter (T)	LinkedIn (L)	YouTube (Y)	Blogger (B)	Google+ (G)	Website (W)
Put your best foot forward and make the most of summer.	14/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
OzHelp's CEO, Tony Holland, talks about the Apprentice Housing Project launching in 2014.	15/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Enjoy healthy and delicious eating with these LiveLighter summer recipes.	16/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Find some useful tips on cutting down how much alcohol you drink this summer.	17/1/14	T		√		N/A			N/A
With Australia Day celebrations just over a week away, here are some useful tips on cutting down how much alcohol you drink.	17/1/14	F, L, B, G	√	√	√	N/A	√	√	N/A
Why not commit this year to making healthier choices to Live Life Well .	20/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
12 weeks to a healthier life - why not give it a go!	21/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Find out about OzHelp's role in the Apprentice Housing Project launching this year.	22/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Do you know how much alcohol is too much? Check out the deal .	24/1/14	T		√		N/A			N/A
Celebrating with a few drinks this Australia Day? Do you know how much alcohol is too much? Check out the facts .	24/1/14	F, L, B, G	√	√	√	N/A	√	√	N/A
Check out a new project launching in 2014 helping trade apprentices in Canberra with affordable housing .	28/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A

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#AppreciateAMate one message at a time! Check out the app.	29/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
RT #mentalhealth gets welcome attention at the World Economic Forum in Davos on health costs, productivity and participation.	29/1/14	T		√		N/A			N/A
RT Int'l Journal of Child, Youth and Family Studies published a January special issue on Youth Suicide Prevention #SuicidePrevention	29/1/14	T		√		N/A			N/A
Check out the Cancer Council's web widget and be sunsmart this summer!	30/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
OzHelp's CEO, Tony Holland, talks about an important project OzHelp are supporting in 2014.	31/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Join us to #HalveSuicides in Aus by 2023 @SuicidePrevAU @ozhelp @ConNetica @TheMHCA @mifaoz @SuperFriendMHF Who else is on board?	31/1/14	T		√		N/A			N/A

JANUARY: OzHelp-specific social media posts

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We all love a good story! Check out why we do what we do here at OzHelp.	10/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
There's an app for that! Have you downloaded the OzHelp App yet?	13/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
OzHelp's ACT staff are conducting an Employee Health & Wellbeing Program today. More information here	20/1/14	F, T, L, B, G	□	□	□	N/A	□	□	N/A

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Do you know we have a whole range of useful free fact sheets on the OzHelp website?	21/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
The re-developed T4T Life Skills Tool Box is being launched this week. Watch this space!	22/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
OzHelp staff in the NT are part of a Healthy Workers Lunch today – here’s to healthy munching!	14/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
OzHelp has a range of free resources about mental health available for you to download. Why not check them out?	15/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
What’s in your tool box? OzHelp staff in the NT are conducting a Tool Box session today. Let us know if you’re interested in finding out more.	16/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Are you being sun smart this summer? Check out the Sun Smart widget on the OzHelp website.	17/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
OzHelp staff in WA are offshore all this week delivering A.L.E.R.T. and HHC sessions + health checks and support on a huge chartered vessel!	20/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
There’s an app for that! Have you downloaded the OzHelp App yet?	21/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
The re-developed T4T Life Skills Tool Box is almost complete. Stay tuned for more information on the OzHelp website.	22/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Check out our free fact sheets on the OzHelp website. There’s loads of helpful tips and information you can access anytime, anywhere.	23/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Check out OzHelp’s training calendar and register for upcoming 2014 ASIST and ASIST Tune Up courses.	23/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
OzHelp is hosting a Grief Toolbox for Professionals workshop on 27/2/14. Head to the OzHelp website for the details and to register.	24/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Our WA staff have been offshore all week delivering A.L.E.R.T. and HHC sessions, health	24/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A

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checks & support on a huge chartered vessel. Well done!									
For strategies on how to build personal resilience , check out the free OzHelp and A.L.E.R.T. apps.	28/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
Do you know how to respond to someone who may be at risk of suicide? Find out more about ASIST workshops .	29/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
It's a busy day for the OzHelp team with HHCs , TTUs , BBQs , and Life Skills sessions being conducted in the ACT, NT and WA.	30/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A
C4L sessions start today in WA, as well as BBQs , HHCs and TTUs in the ACT and NT.	31/1/14	F, T, L, B, G	√	√	√	N/A	√	√	N/A