Social Media Guidance for Green Ribbon Week

On September 19-23 we are uniting to promote positive mental health for youth. To amplify their message, we have put together this toolkit with sample tweets, posts and graphics to help amplify Green Ribbon Week.

You should tag your organization and identify any resources that your group offers to support youth mental health.

It is really important that you use the hashtag **#GreenRibbonWeek** and **@grassrootsfound.**

Click here to find graphics for you to use.

Ways to spread the word and participate during #GreenRibbonWeek

1. Join the conversation about positive mental health for youth using #GreenRibbonWeek and tag @grassrootsfound on Facebook, Twitter and Instagram.

2. Record a video to tell the world what you are doing to support positive mental health for youth.

3. Share photos of you engaged in an outdoor activity. Tag @grassrootsfound

Sample tweets for partners:

- We're thrilled to partner with @grassrootsfound to support positive mental health for youth. Tell us how you are supporting a young person in your life. #GreenRibbonWeek

- Mental health is as important as physical health. Follow us and @grassrootsfound for updates and join the conversation using #GreenRibbonWeek and #InvestInGirls for strategies to promote good mental health. Grassrootscommunityfoundation.org

- Thrilled to work alongside adults and children who are committed to breaking barriers and finding solutions to the youth mental health crisis. We must teach them how to be happy and healthy. Follow @grassrootsfound for strategies. #GreenRibbonWeek

- “There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone's business.” Vikram Patel #GreenRibbonWeek

Sample tweets that inform:

- “1 in 5 teens experience depression before they reach adulthood.” We can change this. Take the time to listen to and talk to our youth. Celebrate our youth. Celebrate #GreenRibbonWeek @grassrootsfound

- “Over 500,000 kids each year report to the hospital because of self-harm injury.” #GreenRibbonWeek @grassrootsfound

- “Suicide is the second leading cause of death for youth ages 10-24.” Let’s work together to change this. #GreenRibbonWeek @grassrootsfound

- High school can be a challenging time for our youth. “3,000+ suicide attempts are made each day by children in grades 9 through 12” #GreenRibbonWeek @grassrootsfound

Sample tweets that inspire:

- Being human can be stressful. Let’s do all we can to be healthy together. Join us this week as we raise awareness to mental health issues and do all that we can to help support positive health among our youth. #GreenRibbonWeek @grassrootsfound

- We must remove the stigma that faces those with mental health challenges. Connect to yourself and to others this week. #GreenRibbonWeek @grassrootsfound

- Take the time to LISTEN “Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” Leo Buscaglia #GreenRibbonWeek @grassrootsfound

- “Listening is such a simple act. It requires us to be present, and that takes practice, but we don't have to do anything else. We don't have to advise, or coach, or sound wise. We just have to be willing to sit there and listen.” Margaret J. Wheatley #GreenRibbonWeek @grassrootsfound

- Breathing and talking through the hard moments can help us all. “I meditate. I breathe out what I can't control and focus on the positives.” Deepika Padukone #GreenRibbonWeek @grassrootsfound

- Even five minutes of green exercise (like walking across a park) is likely to boost self-esteem and mood. #GreenRibbonWeek @Grassrootsfound