Below is suggested social media copy (image options attached) to help you promote this month’s health and wellness topic — Women’s mental health — among your members. Feel free to share on your internal communication platforms and via your own LinkedIn accounts, as appropriate.

   

 [Image 1](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/international-womens-day-mar25.jpg?appId=aemshell) [Image 2](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/know-your-own-worth-day-mar25.jpg?appId=aemshell) [Image 3](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/awareness-builds-support-mar25.jpg?appId=aemshell) [Image 4](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/explore-the-history-mar25.jpg?appId=aemshell)

* March 8 is International Women’s Day. Check out this month’s toolkit to explore meaningful ways to support women’s mental health and wellbeing, and empower the women in your life and around the world. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #AccelerateAction #IWD2025
* Recognizing your own value can lead to a more fulfilling life and a greater sense of optimism. Use this worksheet to appreciate your worth. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #AccelerateAction #IWD2025
* Understanding mental health and wellbeing is an important way to support others. Learn how in this month’s toolkit. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #AccelerateAction #IWD2025
* Explore the history behind International Women’s Day in this month’s toolkit. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #AccelerateAction #IWD2025

**How to post on LinkedIn:**

* Open your LinkedIn account
* Select your preferred text (including link) from above. Copy + paste.
* Choose your preferred image and add to your post (save image to your drive, select “add photo” prior to step 4)
* Click “post”