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

  

* Suicide and substance use disorders are difficult topics. But even in the toughest times and situations, there is much reason to hope. Suicide is preventable. And substance use disorders are treatable. Millions of people around the world live healthfully in recovery. This month, learn more about the signs and symptoms of mental health and substance use disorders and how to nurture hope. optumwellbeing.com/newthismonth #employeehealth #wellbeing
* Is someone you care about misusing alcohol or drugs? Check out this guide for spotting the signs of a substance use disorder, providing support and talking to teens about the dangers of misuse. optumwellbeing.com/newthismonth #employeehealth #wellbeing
* Scientific research shows people who think positively tend to live longer, healthier lives. Use the interactive self-care worksheet to nurture your optimism and hope! optumwellbeing.com/newthismonth #employeehealth #wellbeing
* **Creating hope through action** — September 10 is World Suicide Prevention Day. We all can do our part to help reduce stigma and encourage people to seek the care they may need. There is hope. #WorldSuicidePreventionDay optumwellbeing.com/newthismonth #employeehealth #wellbeing
* People struggling with suicidal thoughts need support — and hope. We can all help them feel confident there is an alternative to suicide by doing what we can to raise awareness of mental health conditions and encouraging people to seek the support they may need. #WorldSuicidePreventionDay optumwellbeing.com/newthismonth #employeehealth #wellbeing

**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”