Below is suggested social media copy (image options included) to help you promote this month’s health and wellness topic – Youth Mental Health with a focus on eating disorders – among your members. Feel free to share on your internal communication platforms and via your own LinkedIn accounts, as appropriate.

A selfie of two girls

Description automatically generated with medium confidence A picture containing person

Description automatically generated

**Youth mental health: Eating disorders**

Post options:

Eating disorders are among the deadliest mental illnesses in the world. Learn the signs and symptoms, so you can be more prepared to help if a child in your care is struggling with one. Visit optumeap.com/newthismonth

* #employeehealth #wellbeing

Mental illnesses affect an estimated 14% of adolescents around the world – and eating disorders are among the deadliest\*. Learn the signs and symptoms, and how to help a child who may be facing one. Visit optumeap.com/newthismonth

* #employeehealth #wellbeing

Are you concerned that a child in your care may have an eating disorder? Learn the signs and symptoms – and how to know when to get help. Visit optumeap.com/newthismonth

* #employeehealth #wellbeing

Posting instructions:

**How to post on LinkedIn:**

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