

Dear CCDPH Partners:

Happy new year from our family to yours. Today, Cook County Department of Public Health launched a new mental health campaign called “Here to Hear You” in partnership with NAMI Chicago, to help address the increase in reported symptoms of anxiety, depression and substance use since the beginning of the COVID-19 pandemic. [Read press release here.](#)

Below please find and consider sharing the posts (page 1) and social media graphic (page 2) contained in this toolkit, along with hashtags for the campaign and mental health awareness, as well as the tags for CCDPH and NAMI Chicago.

Post suggestions:

Today, [tag @CCDPH] launched a new mental health campaign called "Here to Hear You" in partnership with [@tag NAMI Chicago] to help address increased rates of anxiety, depression and substance use since the beginning of the COVID-19 pandemic. Visit <http://NAMIchicago.org> for info.

If you or a loved one are struggling to get through the day because of anxiety, depression or other mental health challenges, [@NAMI Chicago] is here to hear you. Visit <http://NAMIchicago.org> for info.

If the #pandemic took a toll on your #mentalhealth, #NAMIchicago is here to HEAR you! [tag @CCDPH] has partnered w/ [tag @namichicago] to connect YOU w/ mental health resources. Visit <http://NAMIchicago.org> for info.

Hashtags:

#heretohearyou
#mentalhealth

Please tag us and share our posts:

Cook County Department of Public Health

- Facebook (www.facebook.com/ccdph)
- Twitter (www.twitter.com/cookcohealth)
- Instagram (www.instagram.com/cookcountypublichealth/)
-

NAMI (National Alliance for Mental Illness) Chicago

- Facebook (<https://www.facebook.com/namichicago>)
- Twitter (<https://twitter.com/NAMChicago>)

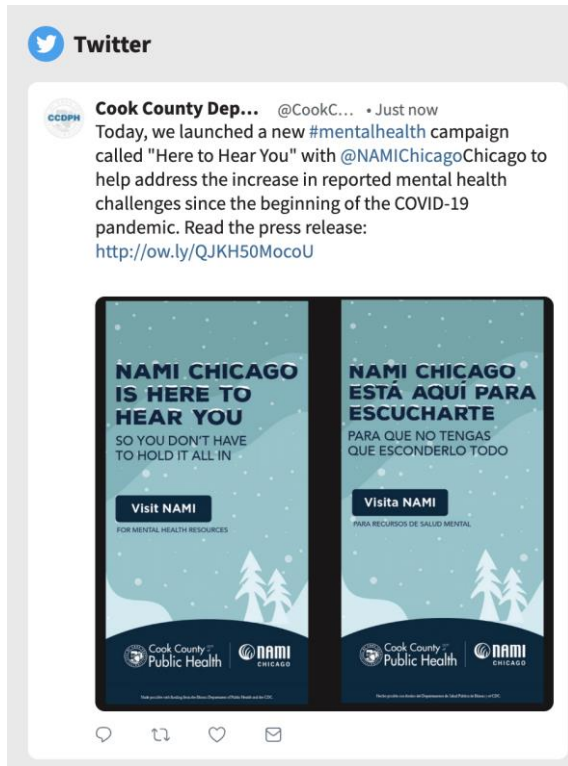
Social Media Graphics:

To download each image from the toolkit: Right click on the image. Select “save as.”

The below image was tested using Hootsuite and will work on Facebook, Twitter and Instagram.



What is will look like on Twitter:



SAMPLE