

## Social Media Toolkit- Coronavirus

In response to the pandemic, Give an Hour™ is providing free virtual mental health resources and services; reaching and connecting to veterans, military and families at a time when most can't meet up in person due to social distancing regulations. In addition to resources aimed at helping create Healthy Habits of Emotional Well-being, Give an Hour's network of providers continue to donate no cost mental health care during this time; predominantly offering video and phone therapy.

Give an Hour offers a variety of resources on our website:

Coronavirus Resources: <https://giveanhour.org/coronavirus-resources/>

Give an Hour Provider Search: <https://giveanhour.org/get-help/>

Give an Hour Social Media Page: <https://giveanhour.org/get-involved/#social-media>

Give an Hour Facebook: <https://www.facebook.com/GiveanHour/>

Give an Hour Twitter: <https://twitter.com/giveanhour>

Give an Hour Instagram: <https://www.instagram.com/giveanhour/>

### Sample Social Media Posts



Sharing how you are staying emotionally healthy during the pandemic can help others who may be struggling. Please share any activities you are doing to practice the #HealthyHabits using hashtag #ChangeDirection so we can all see!

<https://bit.ly/2RqqlZv>



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A global crisis can be scary for a child. We created free activity sheets for children to complete, giving them something to do and teaching them about the Healthy Habits of Emotional Well-being. Feel free to share activities with friends, teachers, and more!

<https://bit.ly/2RqqlZv> #coronavirus #kids #milkids #healthyhabits #changedirection



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Mental health professionals are essential to helping our service members, veterans and loved ones express their emotional needs and navigate creation of activities that help them build their sense of safety and decrease feelings of anxiety and isolation and we need your support to continue to serve. Help us help them. #ChangeDirection #HelpTheHelpers

<https://bit.ly/2xSnxO8>



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If you are a company looking for accurate information to share with your employees, Give an Hour, a trusted mental health organization, has created Coronavirus materials for these difficult times - “How to Talk to your Kids’ and “Coronavirus and Emotional Well-being” Fact Sheets.

Give an Hour has been providing mental health services to the military community through our licensed professionals since 2005. We are all in this together.

<https://bit.ly/39KP551> #ChangeDirection



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Our news is changing hour by hour. What isn't changing is Give an Hour's commitment to making sure everyone is taking care of their mental health just as much as their physical health. Please consider helping so we can continue to serve our communities:

<https://bit.ly/3bsipPB> #ChangeDirection #HelpTheHelpers



During a time of social distancing when people may be feeling “stuck” at home and patience may be low, take an emotional well-being break and do something silly together. Take a picture and share with us your silly activity.

<https://bit.ly/2xLOIQ8> #ChangeDirection



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