

SOCIAL MEDIA POSTS

IN ORDER TO INCREASE THE REACH OF SOCIAL MEDIA POSTS, PLEASE TAG @VITALALABAMA, @ADMH (ALABAMA DEPARTMENT OF MENTAL HEALTH), AND @ADPH (ALABAMA DEPARTMENT OF PUBLIC HEALTH).

CAPTIONS:

HELP IS IN YOUR HANDS. Download The **Connect Alabama** Behavioral Health Services & Treatment Finder App Today!

The **Connect Alabama** App can assist you in finding treatment for you or your loved ones who struggle with mental illness, substance use disorder, or who want to learn about prevention. Download today to find out why the app is for EVERYONE!

CONNECT ALABAMA: A new app that makes finding resources and treatment simple when you need it most.

Download the **Connect Alabama** app and start your road recovery today.

Stop the stigma. Support mental health and download the **Connect Alabama** APP.

Get Connected! Because..."Preparation is Prevention"

HASHTAGS:

- #ConnectAlabama
- #TreatmentFinder
- #SelfCare
- #SelfCareIsNotSelfish
- #AnxietyAwareness
- #MentalHealth
- #MentalHealthAwareness
- #StompTheStigma
- #StopTheStigma
- #MentalHealthAdvocate
- #MentalHealthAdvocacy
- #MindMatters
- #MentalHealthWarrior
- #MentalHealthSupport
- #ProgressNotPerfection
- #SelfLove
- #EmotionalHealth
- #SelfWorth
- #AddictionAwareness
- #RecoveryIsPossible
- #SubstanceUseDisorder
- #FirstResponder
- #OpioidCrisis

LINKS:

- <https://vitalalabama.com/connect-alabama/>