






# Social Media Posts and Graphics

Use the social media editorial calendar to share images and messages on suicide prevention across your social media platforms, including Facebook, Twitter, and Instagram. The posts highlight how to **#ConnectToProtect** and **#BeThere** for the loved ones in your life.

Date to Post	POST	GRAPHIC
9/1	<p>Today is the start of Suicide Prevention Month. The slogan for the month is “Connect To Protect,” which emphasizes connections — to family, friends, the community, and the unit. Visit DSPO’s Suicide Prevention Month page to download resources you can share on your social channels, including a tip sheet for how to use Suicide Prevention Month materials, graphics, blogs, and more. #SPM20 #ConnectToProtect #BeThere <a href="http://www.dspo.mil/spm">www.dspo.mil/spm</a>.</p>	
9/2	<p>Update your Facebook profile picture with the official Suicide Prevention Month 2020 Facebook frame. Encourage others in your social networks to do the same. To add a frame from your mobile device, click on your profile picture to edit, then click “ADD A FRAME” in the search field, enter “DSPO” or #BeThere, click on the SPM2020 frame. #SPM20 #ConnectToProtect #BeThere</p>	

Date to Post	POST	GRAPHIC
9/7	<p>Today is the start of National Suicide Prevention Week. What are you doing to #ConnectToProtect within our military community? <a href="http://www.dspo.mil">www.dspo.mil</a> #SPM20 #suicidepreventionweek #BeThere</p>	 <p>A red graphic with the text "NATIONAL SUICIDE PREVENTION WEEK" in white, stacked vertically. Below it, the dates "September 6-12, 2020" are shown. At the bottom, there are logos for "ONE SOURCE" and "National Suicide Prevention Week" with the hashtag "#BeThere".</p>
9/10	<p>Wear yellow to support #WorldSuicidePreventionDay. Please share! <a href="http://www.dspo.mil/spm">www.dspo.mil/spm</a> #SPM20 #ConnectToProtect #BeThere #suicidepreventionweek</p>	 <p>A yellow graphic with the text "WORLD SUICIDE PREVENTION DAY" in black, stacked vertically. Below it, the date "September 10, 2020" is shown. At the bottom, there are logos for "ONE SOURCE" and "National Suicide Prevention Week" with the hashtag "#BeThere".</p>
9/11	<p>#ConnectToProtect means staying close and connected to family members, friends, colleagues, and anyone else who makes you feel happy about being alive. #SPM20 #BeThere #suicidepreventionweek</p>	 <p>A landscape photo of a lake and mountains. Overlaid text reads: "Stay close to anything that makes you glad you are alive." - Hafez. At the bottom, there are logos for "ONE SOURCE" and "National Suicide Prevention Week" with the hashtag "#BeThere".</p>
9/14	<p>Print and distribute "Conversation Starter Cards." The cards can be left on tables at community spaces like the food court for people to use to CONNECT. <a href="http://www.dspo.mil/spm">www.dspo.mil/spm</a>. #SPM20 #ConnectToProtect #BeThere</p>	 <p>A graphic showing a group of stylized human figures in various colors (blue, green, yellow, red) holding hands in a circle. To the right, the text reads: "CONNECT TO PROTECT Conversation Starter Cards Suicide Prevention Month 2020".</p>

Date to Post	POST	GRAPHIC
9/16	<p>Service members and family members can sometimes feel stressed out. Know that having effective coping, problem-solving, and communications skills can make a big difference and help you to #ConnectToProtect. Download DSPO's 8 Positive Coping Strategies to Combat Tough Situations flashcard to learn more. <a href="http://www.dspo.mil/download">www.dspo.mil/download</a> #SPM20 #BeThere</p>	
9/18	<p>Service members and their families can connect with their installation's chaplain for non-medical counseling services and more. To find the contact information for your installation chaplain, visit your installation website or go to <a href="http://installations.militaryonesource.mil">installations.militaryonesource.mil</a> and select "Chapels" in the program or service section. #SPM20 #ConnectToProtect #BeThere</p>	
9/21	<p>Download the #ConnectToProtect Selfie Sign template to write in how you are Connecting to Protect with friends or family. Then take a selfie with it and post it to social media using the hashtags #BeThere and #ConnectToProtect <a href="http://www.dspo.mil/spm">www.dspo.mil/spm</a>. #SPM20</p>	
9/23	<p>We all could use an ear from time to time. Call a friend and ask them how they are doing. #SPM20 #ConnectToProtect #BeThere</p>	

Date to Post	POST	GRAPHIC
9/25	<p>Download and print the #ConnectToProtect sticker to show your support for Suicide Prevention Month!  <a href="http://www.dspo.mil/spm">www.dspo.mil/spm</a> #SPM20 #BeThere</p>	
9/28	<p>It is okay to sometimes feel sad, frustrated, or angry. We all have days when we are not feeling like ourselves. How you navigate those feelings is important. If you need someone to talk to, help is available. Call Military OneSource at 800-342-9647 or visit <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>. #SPM20 #ConnectToProtect #BeThere</p>	
9/29	<p>If you know of someone in a crisis, the Military/Veterans Crisis Line is confidential and free 24 hours a day, 7 days a week, 365 days a year and available to all Service members, Veterans, and their families, including members of the National Guard and Reserve. Seek help immediately by contacting 800-273-8255 (press 1), online chat (<a href="http://www.militarycrisisline.net">www.militarycrisisline.net</a>), or text (838255). #SPM20 #ConnectToProtect #BeThere</p>	
9/30	<p>Today and throughout the year, know that it is ok to ask for help. Military OneSource is there for your everyday challenges, such as relationship or parenting challenges. <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> #SPM20 #ConnectToProtect #BeThere</p>	