

AM to Client

Subject line: The October National Depression Mental Health Awareness Screening Month campaign is ready for you to use.



**October is National Depression Mental Health Awareness Screening Month –
Take control of your social media and improve your mental health**

This year's campaign theme is, **"Take control of your social media and improve your mental health."**

The campaign focuses on educating members about the risks of social media use and giving them strategies and tips to help improve their experiences. Check out the great resources in the attached Communications Toolkit.

Please feel free to contact me if you have any questions.