



May Mental Health Social Media Toolkit

This social media tool kit is a resource developed by the Department of Managed Health Care (DMHC) to promote Mental Health Awareness in the month of May, and educate consumers about their health care rights.

Resource: [DMHC Fact Sheet: Know Your Health Care Rights, Behavioral Health Care](#)

Graphic #1	Graphic #2
	
#	Suggested Copy
<p>Facebook/ LinkedIn Post #1 (English):</p>	<p>This Mental Health Awareness Month the DMHC is raising awareness about consumer protections, including laws that requires health plans to arrange and pay for out-of-network services at no additional cost to the enrollee, if they cannot find an appropriate mental health provider in their health plan network. For more information, visit: https://bit.ly/38MX6Mi</p> <p>#MHAM #MentalHealthAwareness #MentalHealthMatters #GoldenStateofMind</p>

<p>Twitter Post #1 (English):</p>	<p>The #DMHC is raising awareness that if a health plan enrollee cannot find a mental health provider in their health plan network, the health plan MUST arrange & pay for out-of-network services at no additional cost. Info: https://bit.ly/38MX6Mi</p> <p>#MHAM #GoldenStateofMind</p>
<p>Facebook/ LinkedIn/Twitter Post #2 (English):</p>	<p>#DYK that if a health plan enrollee cannot find a mental health provider in their health plan network, the health plan must arrange & pay for out-of-network services at no additional cost? For more information: https://bit.ly/38MX6Mi</p> <p>#MHAM #GoldenStateofMind #DMHC</p>
<p>Facebook/ LinkedIn Post #3 (English):</p>	<p>This Mental Health Awareness Month the DMHC is raising awareness that Health plans cannot charge more for mental health and substance use disorder services than for physical health conditions. For more information, visit: https://bit.ly/38MX6Mi</p> <p>#MHAM #MentalHealthMonth #MentalHealthMatters #GoldenStateofMind #DMHC</p>
<p>Twitter Post #3 (English):</p>	<p>This #MentalHealthAwarenessMonth the #DMHC is raising awareness that health plans cannot charge more for #mentalhealth and substance use disorder services than for physical health conditions. For more information, visit: https://bit.ly/38MX6Mi</p> <p>#MHAM #GoldenStateofMind</p>

<p>Facebook/ LinkedIn/Twitter Post #4 (English):</p>	<p>#DYK health plans cannot charge more for #mentalhealth and substance use disorder services than for physical health conditions? For more information: https://bit.ly/38MX6Mi</p> <p>#MHAM #MentalHealthAwareness #GoldenStateofMind #DMHC</p>
<p>Facebook/ LinkedIn/Twitter Post #5 (English):</p>	<p>#DYK This #MentalHealthAwarenessMonth, the #DMHC is raising awareness about your mental health care rights? Learn more by visiting: https://bit.ly/38MX6Mi</p> <p>#MHAM #MentalHealthMatters #GoldenStateofMind</p>
<p>Facebook/ LinkedIn/Twitter Post #6 (English):</p>	<p>#DYK Mental health matters, now more than ever? Learn more about your mental health care rights by visiting: https://bit.ly/38MX6Mi</p> <p>#MHAM #MentalHealthMatters #DMHC #GoldenStateofMind</p>