**Social Media Posts for June: Men’s Health Month**

**Twitter**

No one said being a #dad was easy, but some days are harder than others. Check your #mentalhealth at HealthyMenMichigan.org.

Men can suffer from #depression after a baby is born, too. How’s your #mentalhealth? HealthyMenMichigan.org.

The hard days can stack up when you’re a #dad. How is your #mentalhealth? Check it at HealthyMenMichigan.org.

This #Father’s Day, give yourself the gift of #mentalhealth. HealthyMenMichigan.org.

June is #Men’sHealth Month. Don’t forget your #mentalhealth. HealthyMenMichigan.org.

There is no health without #mentalhealth. Check yours this Men’s Health Month at HealthyMenMichigan.org.

New dads have kids to care for, but they still need to care for themselves. HealthyMenMichigan.org.

*(For the week of June 11-17)* This week is Men’s Health Week. How will you recognize it? Start with a #mentalhealth check-up at HealthyMenMichigan.org.

*(For the week of June 11-17)* For men’s health week, take care of yourself! Start with a #mentalhealth check & find local resources at HealthyMenMichigan.org.

*(For the week of June 11-17)* It’s Men’s Health Week, so it’s a great time focus on your fitness – mental fitness. Check yours at HealthyMenMichigan.org.

**Facebook**

Research shows that about 1 in 10 men suffer from depression after the birth of a baby. Being a new parent can be emotionally draining, and new dads need to take care of their mental health. HealthyMenMichigan.org offers men in Michigan free & anonymous mental health screenings.

June is Men’s Health Month. Women are more likely to be diagnosed with depression, yet men are more likely to die by suicide. Women who are struggling are more likely to reach out for help. Let’s get more men reaching out! Men can take mental health screenings and find local resources at HealthyMenMichigan.org.

Being a father means stepping up and taking care of a family. However, you must take care of yourself to effectively care for others. Check your mental health at HealthyMenMichigan.org.

Fathers who may be struggling with common and treatable mental health conditions such as depression can check on their mental health at HealthyMenMichigan.org. It’s free & anonymous and offers local resources.

June is Men’s Health Month, which means it’s a great time for men to pay attention to any physical or mental health symptoms. Men can get a free & anonymous depression check at HealthyMenMichigan.org and find local resources.

A few bad days can happen to anyone. However, when those bad days pile up, you may be feeling depression, which is common and treatable. This Men’s Health Month, check your symptoms at HealthyMenMichigan.org.