

DIGITAL MEDIA KIT

Make some time for your mental health

May 2020

In this pack

- Social media campaign designed for use by primary health care service providers
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About the campaign

Murray PHN has created the “Make some time” mindfulness campaign for use by general practice and other primary health care providers wishing to support their patients, clients and community.

Medical experts are warning that the impact of COVID-19 may lead to an increase in mental health issues, including anxiety, depression and even suicide.

The “Make some time” campaign encourages a simple first step to managing mental health issues, made more powerful when circulated by a trusted primary health care provider who can offer a wider range of services.

Three key messages

- Make some time to enjoy the simple things in life.
- Physical isolation can keep your body healthy, but it can be tough socially, mentally and emotionally.
- If you feel that your mental health is not on track, call your GP or health service today.

Media release/short news article

In the era of COVID-19 social restrictions, it’s important to keep your health and wellbeing on track. Feeling anxious, exhausted or overwhelmed are all normal responses to the pandemic, but there are simple ways to lighten your mental load.

Make some time in your day to do the simple things that keep you grounded. Patting the dog, playing your favourite song, going for a walk, or calling a friend can all help keep your mental health on track.

If you would like some more ideas, make some time to read through some of the resources on the [head to health](#) website.

If you feel you need more than self-help to regain your mental wellness, you can make an appointment with your GP or call Beyond Blue on 1800 512 348 (24/7). In a mental health crisis, call Lifeline on 13 11 14 or Kids HelpLine 1800 551 800 (young people aged 5-25).

Remember not to miss or delay regular health checks or medical care during the coronavirus lockdown. Keeping your physical and mental health on track is more important than ever.

Suggested social media posts

Post 1: Making some time for life's simple things can really help your mental health and wellbeing. So give yourself a few minutes to relax and enjoy the moment.

Post 2: Lockdown and physical isolation can be tough on your mental wellbeing. Make some time in your day to do the things that keep you grounded and help keep your mental health on track.

Post 3: Being kind to yourself means making space in your daily life to include life's little joys. Take some time to relax and focus can help keep your mental health and wellbeing on track

Social media visuals

<p><i>Feeling worried?</i></p>  <p>MAKE SOME TIME TO CUDDLE THE KIDS AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>	<p><i>Feeling agitated?</i></p>  <p>MAKE SOME TIME TO KICK A BALL AROUND AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>	<p><i>Feeling low?</i></p>  <p>MAKE SOME TIME TO CALL A FRIEND AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>
<p><i>Feeling anxious?</i></p>  <p>MAKE SOME TIME TO PAT THE DOG AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>	<p><i>Feeling exhausted?</i></p>  <p>MAKE SOME TIME TO RELAX AND UNWIND AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>	<p><i>Feeling unsettled?</i></p>  <p>MAKE SOME TIME TO COOK SOME COMFORT FOOD AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>
<p><i>Feeling lonely?</i></p>  <p>MAKE SOME TIME TO CHAT WITH A NEIGHBOUR AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>	<p><i>Feeling stressed?</i></p>  <p>MAKE SOME TIME TO GO FOR A WALK AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>	<p><i>Feeling uptight?</i></p>  <p>MAKE SOME TIME TO LAUGH OUT LOUD AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>
<p><i>Feeling sad?</i></p>  <p>MAKE SOME TIME TO GROOVE TO A FAVOURITE SONG AND ENJOY THE SIMPLE THINGS</p> <p><small>This message from Murray PHN is made possible through funding provided by the Australian Government under the PHN Program</small></p>		