


"Mental health in digital environments. The role of European Youth Card in supporting a resiliente generation"

#mentalhealth

APPROACH IN OUR SOCIAL MEDIA COMMUNICATION

Movijovem, Portugal | 2021



We regularly take advantage of special days to give young people awareness about mental health and health in general, spreading positive messages, sharing tips and contacts of governmental entities where they can find help for certain topic.

World Sleep Day

1 March 2021

Tips to improve sleep
in a funny, lighter way.





Set sleeping hours



Workout regularly



*Disconnect from social media
1 hour before bedtime*

World Health Day

1 April 2021

10 tips to deal better
with stress and anxiety
offered by/ in partnership with
the psychologist Vanessa Yan

 www.psiccoach-vanessayan.com





Don't keep it all to yourself, share



Focus on what you can control

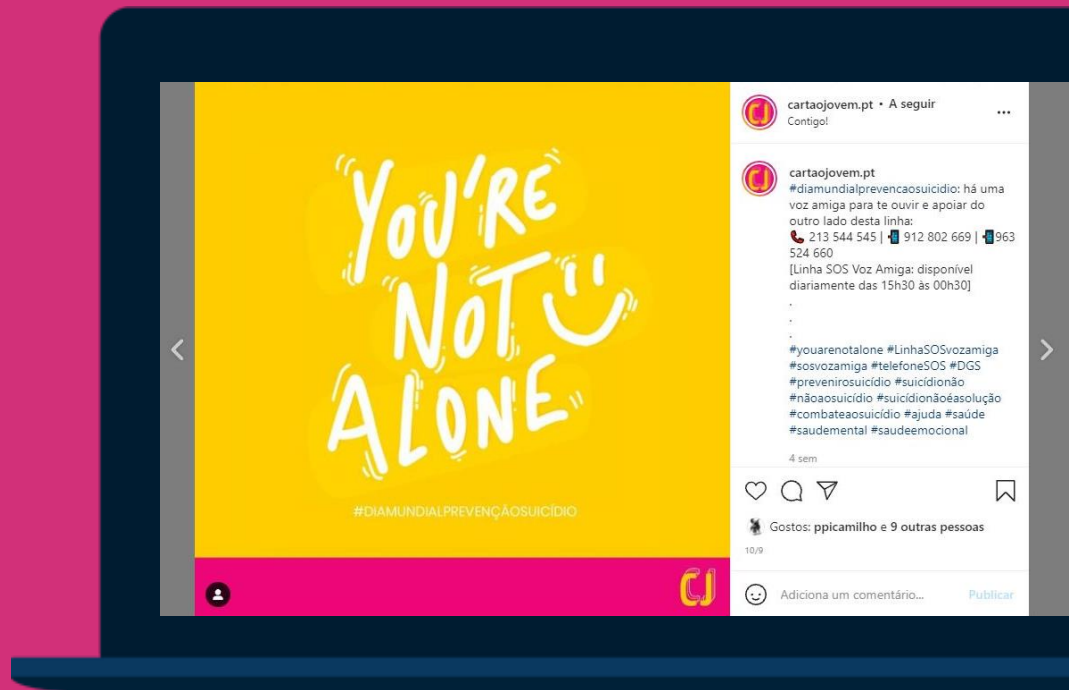


List the good things that happened during the day

World Suicide Prevention Day

| September 2021

Inspire and empathetic message
with Portugal suicide hotlines.



World Mental Health Day

1 October 2021

3 tips to help demystify mental illness.



The World Day to stop listening to those who say it's for weak people





*The World Day of not to be
ashamed to ask for help*



*The World Day to accept
that it's normal not to be well*



Thank you.



Full posts here

www.instagram.com/p/CMcm4e_J_Fr
www.instagram.com/p/CNW3U4BL9gn/
www.instagram.com/p/CTocfSdr6gC/
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