Virginia Department of Behavioral Health & Developmental Services 988 Social – Post Copy

Overview: To provide guidance and best practices for using DBHDS 988 social posts.

Use the recommended post copy with the Facebook, Twitter, Instagram, or LinkedIn post.

Post no more than one shareable per week to keep the audience engaged in the story, without saturating their feed.

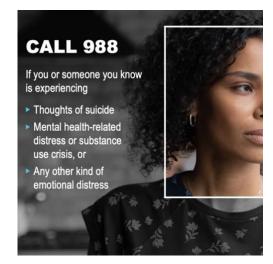
Name	Recommended Post Copy	Shareable
Emotional distress is an	If you or someone you know are experiencing mental health-related distress or thoughts of suicide, get help immediately. Call 988 to speak with a crisis worker who's trained to help you through it.	EMOTIONAL DISTRESS IS AN EMERGENCY. CALL 988. Vergnia Department of Behavioral skeath & Deverogmental Services VIRGINIA IS HERE TO HELP.
	Virginia now has a new, dedicated number to call for help with mental health-related distress or thoughts of suicide. Call, text, or chat with 988 to speak with a crisis worker who's trained to help you through emotional distress.	THE 988 411. It's for mental health-related distress. For the support you deserve. It's for getting you through the hardest point in your life. Call, text or chat 988. Virgina Department of Behavioral Health & Developmental Services VIRGINIA IS HERE TO HELP.

Emotional distress is an emergency – and Virginia has a new number for it. Call 988 for 24/7 connection to a crisis worker who's trained to help. And if you need immediate EMT, fire or police help, call 911. Call 988. Call 911. CALL 911 for immediate Virgini Behavi Develo

Carousel shareables – meant to be posted together.

-Carousel-Call 988 Call 911 If you or someone you know is experiencing emotional distress or thoughts of suicide, call 988. You'll talk to a trained mental health worker who can get you the help you need.

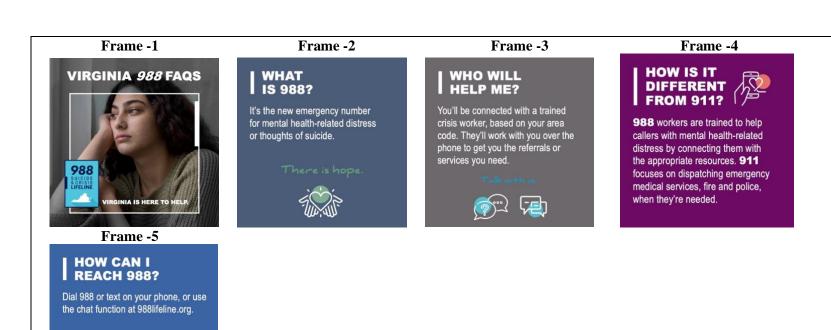
Frame -1



Frame – 2



-Carousel- Virginia 988 FAQs - Know the facts about Virginia 988. That way, you'll be prepared if you or someone you know experience mental health-related distress.



988

Virginia Department of Behavioral Health & Developmental Services VIRGINIA IS HERE TO HELP. If you're in emotional distress, call or text a trained crisis worker at 988, or use the chat option on 988lifeline.org.

Carousel- 988 How to get help





If you're experiencing mental health-related distress or have thoughts of suicide, call or text 988, or select the chat option at 988lifeline.org.

There is hope



After following the prompts, you'll be connected to a trained crisis worker, based on your area code.

Talk with us



This person can help you with support and connection to local resources. If needed, mobile crisis teams, crisis stabilization units and other services are also available through 988.

Share your thoughts.



Frame -5

For emergency help with emotional distress from a trained crisis worker. Virginia Department of Behavioral Health & Developmental Services VIRGINIA IS HERE TO HELP.