

Online Toolkit Social Media Messages

Connected2Thrive is a community vision, one where St. Louis thrives because we talk about mental health as health and where families have the resources needed to show up in strong and resilient ways for their children.

Together, we are preventing child abuse and neglect and reducing mental health stigma. Join us by connecting with us, using the toolkits, and sharing the message. Visit www.Connected2Thrive.org to learn more. #Connected2Thrive

Connect to thrive with Vision for Children at Risk, where you are Connected2Cafes, Connected2Support and Connected2thrive. Visit www.Connected2Thrive.org to learn more. #VisionforChildrenatRisk #MentalHealthMatters #EveryChildSafe #HappyHealthyChildren #Connected2Thrive

MENTAL HEALTH MATTERS / REDUCING STIGMA MESSAGING:

You're being a good parent by reaching out for help. All parents need help sometimes, and it's ok to reach out for help. Get Connected – Connected 2 Services & Supports, Trainings, and Collaborative Action at www.Connected2Thrive.org. #VisionforChildrenatRisk #MentalHealthMatters #EveryChildSafe #HappyHealthyChildren #Connected2Thrive

Our mental health is important, and we must take care of it. Reach out to a friend – and show them that you care. Reach out for help – and show your family that you care. Get connected, connected to others, supports, and more. Learn more at www.Connected2Thrive.org. For immediate mental health help, call or text 988. #VisionforChildrenatRisk #MentalHealthMatters #EveryChildSafe #HappyHealthyChildren #Connected2Thrive

You can get better by seeking help. Connect through Parent Cafés and more for support so you and your family to thrive. Learn more at www.Connected2Thrive.org. For immediate mental health help, call or text 988. #VisionforChildrenatRisk #MentalHealthMatters #EveryChildSafe #HappyHealthyChildren #Connected2Thrive

It's ok, not to be ok - and it's ok to reach out for help. All parents need support sometimes. You've got this, and you don't have to do it alone. Get Connected – Connected 2 a Café. Come to a café, connect with other parents, gather in a safe space, and surround yourself with people who want to thrive. For immediate mental health help, call or text 988. #VisionforChildrenatRisk #MentalHealthMatters #EveryChildSafe #HappyHealthyChildren #Connected2Thrive

VCR's Family Engagement Specialists are here to walk alongside you as you navigate parenting and accessing supports for your family. Connect with VCR. Connect with our Direct Support Team here: <https://www.visionforchildren.org/about/our-direct-support-team/> #VisionforChildrenatRisk #MentalHealthMatters #EveryChildSafe #HappyHealthyChildren #Connected2Thrive

Everyone is unique and has wisdom within. Sometimes we just need help finding it. Know that it's ok not to be ok - and that it's ok to reach out for help. Mental health is like physical health: everybody has it, and we need to take care of it. Learn more at www.Connected2Thrive.org. For immediate mental health help, call or text 988. [#VisionforChildrenatRisk](#) [#MentalHealthMatters](#) [#EveryChildSafe](#) [#HappyHealthyChildren](#) [#Connected2Thrive](#)

Mental health matters for creating and supporting healthy families. As a community, we can support parents, so parents can be there for themselves and their families. Parent Cafés are a safe place to build community with other parents who have been through what you're going through. They're a great opportunity to take care of yourself and your family. Learn more at www.Connected2Thrive.org. [#VisionforChildrenatRisk](#) [#MentalHealthMatters](#) [#EveryChildSafe](#) [#HappyHealthyChildren](#) [#Connected2Thrive](#)

Together we can help build healthy communities, one family at a time. Mental health is important for strong, healthy families and communities. That's because it can impact our everyday life – school, work, relationships with family and friends. If we are able to be part of the bigger community and have that support, it really makes a difference. Learn more at www.Connected2Thrive.org. For immediate mental health help, call or text 988. [#VisionforChildrenatRisk](#) [#MentalHealthMatters](#) [#EveryChildSafe](#) [#HappyHealthyChildren](#) [#Connected2Thrive](#)

Healing from the inside is just as important as healing from the outside. Mental health is as important as physical health, everyone needs to take care of it. Learn more at www.Connected2Thrive.org. For immediate mental health help, call or text 988. [#VisionforChildrenatRisk](#) [#MentalHealthMatters](#) [#EveryChildSafe](#) [#HappyHealthyChildren](#) [#Connected2Thrive](#)