

# BROTHER, YOU'RE ON MY MIND

## Sample Social Media Messages

Use these messages to promote the Brother, You're on My Mind initiative on Facebook and Twitter. By sharing educational information about this initiative online, we can open up discussion on mental health and get important information to Omega Psi Phi Fraternity members around the world.

### FACEBOOK

- Ω Omega Psi Phi Fraternity, Inc., is working with the [National Institute on Minority Health and Health Disparities](http://go.usa.gov/3zm7V) to encourage brothers to talk about their mental health. Learn how you can get involved in the Brother, You're on My Mind initiative. <http://go.usa.gov/3zm7V>
- Ω Uplift—a cardinal principle of Omega men. If you think a brother is dealing with a mental health issue, tell him you've got his back. Work together to get him the help he needs. <http://go.usa.gov/3zm7V>
- Ω “Friendship is essential to the soul.” A true Omega Man supports his brother, no matter what. If you see a brother struggling with his mental well-being, reach out. Find helpful resources on the Brother, You're on My Mind initiative website. <http://go.usa.gov/3zm7V>
- Ω How can you know whether a brother is depressed? Different people have different symptoms. Men who are depressed are more likely to be very tired, feel irritable, and have difficulty sleeping. Learn the signs and how you can help. <http://go.usa.gov/3zm7V>
- Ω It takes a lot of courage to admit you're going through a tough time. If a brother is brave enough to open up to you about his mental health, don't call him crazy. Don't tell him he's “just having a bad day” or to “man up.” Here are more suggestions on what NOT to say to a brother dealing with depression or stress. <http://go.usa.gov/3zm7V>



### TWITTER

- Ω Omega Psi Phi is working with @NIH to encourage brothers to talk about #mentalhealth: <http://go.usa.gov/3zm7V> @NIMHD #BYOMM
- Ω Support the  chapter at . Together, we can raise #mentalhealth awareness among our brothers.
- Ω Omega men support their brothers no matter what. Here's how we support brothers battling #depression: <http://go.usa.gov/3zm7V> #BYOMM
- Ω The  chapter cares. To our brothers dealing with depression, you're on our minds. #BYOMM #OmegaPsiPhi <http://go.usa.gov/3zm7V>
- Ω How can you know if a brother is depressed? Signs include loss of interest, fatigue, and being irritable. #BYOMM <http://go.usa.gov/3zm7V>