# Mental Health & Emotional Well-Being Support

Two ways to get the word out about supporting your families’ mental health and emotional well-being during this time-

1. Social media posts-
   1. Post this message in English - *This has been a challenging few months for all of us and we probably have experienced a range of emotions during this time. Learn what you and your family can do to help each other out by watching this video.* **Embed this video into your post-** [**MH Video**](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1rs8IBnN1s0BY_RW-bjCoChWtnKH74-_F%2Fview&data=02%7C01%7CNiloy.Gangopadhyay%40tea.texas.gov%7C65f450ccf5034bf2599008d8179a6e13%7C65d6b3c3723648189613248dbd713a6f%7C0%7C0%7C637285299324124014&sdata=5oSqjeJrlvYwfc%2FfziCkvB83piCwj8vujLD3YKq2vAo%3D&reserved=0)**.**
   2. Post this message in Spanish- *Estos han sido unos meses difíciles para todos nosotros y probablemente hemos experimentado muchos tipos de emociones durante este tiempo. Aprenda lo que usted y su familia pueden hacer para ayudarse viendo este video.* **Insertar este video en su publicación-** [**MH Video- Spanish**](https://drive.google.com/file/d/1F-6Xf7drfC0nmTIAGudBfHasTB_Xy3JN/view).