

2026 Mental Health Awareness Month Digital Toolkit

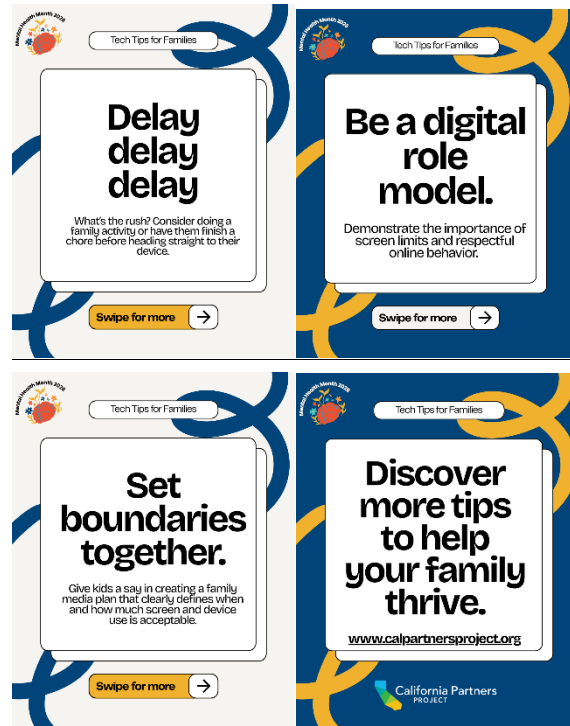
**Each graphic is hyperlinked to a downloadable video/image file.*

Copy	Graphic
<p>We are better together, California! As we kick off Mental Health Month, enjoy this message of togetherness from CYBHI Director, Dr. Sud. #BetterTogetherCA</p> <p>Suggested Tags:</p> <p>CalHHS</p> <ul style="list-style-type: none"> • LinkedIn • Facebook • X • Instagram • Bluesky 	<p>DOWNLOAD VIDEO</p>
<p>There are numerous pathways to accessing mental health support by connecting with others. Learn more at https://cybhi.chhs.ca.gov/ #BetterTogetherCA</p> <p>Suggested Tags:</p> <p>HCAI</p> <ul style="list-style-type: none"> • LinkedIn • Facebook • X • Instagram • Bluesky <p>DHCS</p> <ul style="list-style-type: none"> • LinkedIn • Facebook • X • Instagram 	

Helping kids thrive means navigating screen time. But it doesn't have to be stressful. Follow these tech tips from the California Partner's Project to establish healthy tech habits. #BetterTogetherCA
<https://bit.ly/3PlvoLF>

Suggested Tags:

- X
- [Facebook](#)
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From personalized pause plans, to book lists matching your mood, to stress busting strategies you can do anywhere, CYBHI has a variety of free resources to support you and your loved ones. Explore at
<https://cybhi.chhs.ca.gov/resource-external/> #BetterTogetherCA

Suggested Tags:

Live Beyond

- [Instagram](#)
- [Facebook](#)
- [TikTok](#)

Never a Bother

- [Instagram](#)
- [Facebook](#)

Take Space to Pause

- [Instagram](#)
- [TikTok](#)

