

## 2017-2018 Social Media Plan

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### Washington County Association for Mental Health (WCAMH)

#### - March 2017

- **Date:** Wednesday, March 1, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday) on Facebook Page  
**How-To:** [Visit How-To Page Here](#)
- **Date:** March 27, 2017  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 . #bvillemmentalhealth
- **Date:** Tuesday, March 28, 2017  
**Post To:** Facebook  
**Focus:** About WCAMH  
**Content:** Washington County Association for Mental Health is about you. You are the reason we ask and look for volunteers. Join us to assist in the development and coordination of programs and policies which improve behavioral health outcomes. #bvillemmentalhealth

#### - April 2017

- **Date:** Monday, April 3, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
- **Date:** April 24, 2017  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillemmentalhealth
- **Date:** Thursday, April 20, 2017  
**Post To:** Facebook  
**Focus:** Branding Announcement

**Content:** We've updated our logo recently. Be sure to recognize us around town and thanks to our parent organization, Washington County Wellness Initiative (WCWI) for assisting us with this process. #bartlesville #bvillementalhealth

- May 2017

- **Date:** Monday, May 1, 2017

**Post To:** Facebook

**Focus:** Create Your Monthly Meeting (Fourth Tuesday)

**How-To:** [Visit How-To Page Here](#)

- **Date:** May 22, 2017

**Post To:** Facebook

**Focus:** Event Promotion

**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillementalhealth

- **Date:** Thursday, May 25, 2017

**Post To:** Facebook

**Focus:** Mission/Purpose

**Content:** The purpose of the Washington County Association for Mental Health is to promote and assist in the development and coordination of programs and policies which improve behavioral health outcomes in Washington County and surrounding areas. The Association will achieve this by developing collaboration among a wide range of agencies including public schools, behavioral health agencies, faith-based organizations, United Way, private foundations, youth service organizations, advocacy organizations, tribal entities, and other public and private organizations. #bvillementalhealth

- June 2017

- **Date:** Thursday, June 1, 2017

**Post To:** Facebook

**Focus:** Create Your Monthly Meeting (Fourth Tuesday)

**How-To:** [Visit How-To Page Here](#)

- **Date:** June 26, 2017

**Post To:** Facebook

**Focus:** Event Promotion

**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillementalhealth

- **Date:** Thursday, June 22, 2017  
**Post To:** Facebook  
**Focus:** Community Support  
**Content:** Did you know? You can support Washington County Association for Mental Health online at <http://wcamh.org/donate/> #bvillemmentalhealth
- July 2017
  - **Date:** Monday, July 3, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
  - **Date:** July 24, 2017  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillemmentalhealth
  - **Date:** Thursday, July 20, 2017  
**Post To:** Facebook  
**Focus:** Website Resources  
**Content:** Learn more about Washington County Association for Mental Health. Visit [WCAMH.org](http://WCAMH.org) for more details.
- August 2017
  - **Date:** Tuesday, August 1, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
  - **Date:** August 21, 2017  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillemmentalhealth
  - **Date:** Tuesday, August 15, 2017  
**Post To:** Facebook  
**Focus:** Website Resources

**Content:** *Post the articles from outside entities for mental health do's and don'ts.*  
#bvillemmentalhealth

- September 2017

- **Date:** Tuesday, September 5, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
- **Date:** Friday, September 8, 2017  
**Post To:** Facebook  
**Focus:** United Way Day of Caring  
**Content:** Involvement in the Day of Caring helps develop teamwork and build morale among employees while they give back to the community. Contact us to get involved. #bvillemmentalhealth
- **Date:** September 25, 2017  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillemmentalhealth
- **Date:** Thursday, September 21, 2017  
**Post To:** Facebook  
**Focus:** Website Resources  
**Content:** Need help? Call the Lifeline at 1-800-273-TALK. With help, comes hope.  
#bvillemmentalhealth

- October 2017

- **Date:** Monday, October 2, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
- **Date:** October 23, 2017  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillemmentalhealth

- **Date:** Thursday, October 26, 2017  
**Post To:** Facebook  
**Focus:** Website Resources  
**Content:** Need help? Here's a list of mental health hotline numbers from alcohol treatment to panic disorders: <http://www.healthyplace.com/other-info/resources/mental-health-hotline-numbers-and-referral-resources/> #bvillemmentalhealth
- November 2017
  - **Date:** Wednesday, November 1, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Second Thursday)  
**How-To:** [Visit How-To Page Here](#)
  - **Date:** November 27, 2017  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillemmentalhealth
  - **Date:** Saturday, November 18, 2017  
**Post To:** Facebook  
**Focus:** Website Resources  
**Content:** Today is International Survivors of Suicide Loss. American Foundation for Suicide Prevention hosts the event one day a year for people affected by suicide. Join your local community to find comfort, gain understanding, and share stories of healing and hope. #bvillemmentalhealth
- December 2017
  - **Date:** Friday, December 1, 2017  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
  - **Date:** December 25, 2017  
**Post To:** Facebook  
**Focus:** Holiday  
**Content:** The holiday can be stressful, difficult and trigger emotions. Manage the holiday blues with these helpful tips: <https://www.nami.org/Blogs/NAMI-Blog/November-2015/Tips-for-Managing-the-Holiday-Blues> #bvillemmentalhealth

- January 2018

- **Date:** Tuesday, January 2, 2018  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
- **Date:** January 22, 2018  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillementalhealth
- **Date:** January 30, 2018  
**Post To:** Facebook  
**Focus:** Website Resources  
**Content:** Resource yourself with information. Visit <https://www.nami.org/#> for more information. #bvillementalhealth

- February 2018

- **Date:** Thursday, February 1, 2018  
**Post To:** Facebook  
**Focus:** Create Your Monthly Meeting (Fourth Tuesday)  
**How-To:** [Visit How-To Page Here](#)
- **Date:** February 26, 2018  
**Post To:** Facebook  
**Focus:** Event Promotion  
**Content:** Join us this Tuesday at 8:30AM at the Torrey Place Clubhouse located at 901 E 3rd Street, Bartlesville, OK 74003 #bvillementalhealth
- **Date:** Thursday, February 22, 2018  
**Post To:** Facebook  
**Focus:** Community Support  
**Content:** Did you know? You can support education for Bartlesville Mental Health by visiting [WCAMH.org/Donate](http://WCAMH.org/Donate). #bvillementalhealth