

2017-2018 Social Media Plan

Washington County Suicide Prevention Coalition (WCSPC)

- March 2017

- **Date:** Wednesday, March 1, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page
How-To: [Visit How-To Page Here](#)
- **Date:** Tuesday, March 7, 2017
Post To: Facebook
Focus: Event Promotion
Content: Join us this Thursday at 11:30AM - 1PM at the Washington County Health Department. #suicideprevention
- **Date:** Tuesday, March 28, 2017
Post To: Facebook
Focus: Volunteer Training
Content: Washington County Suicide Prevention is about you. You are the reason we ask and look for volunteers. Join us at our community-wide training course titled, Question, Persuade, and Refer, to assist someone in crisis.

- April 2017

- **Date:** Monday, April 3, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page
How-To: [Visit How-To Page Here](#)
- **Date:** Tuesday, April 11, 2017
Post To: Facebook
Focus: Event Promotion
Content: We look forward to you joining us in two days! Washington County Health Department at 11:30AM to 1PM. #suicideprevention
- **Date:** Thursday, April 20, 2017
Post To: Facebook

Focus: Prevention Awareness

Content: Suicide is preventable. #Reachout to someone who may be at risk for suicide. #bartlesville #suicideprevention

- May 2017

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

Post To: Facebook

Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page

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

- **Date:** Tuesday, May 9, 2017

Post To: Facebook

Focus: Event Promotion

Content: Join us for your lunch break this Thursday at 11:30am to 1:00pm for our monthly Suicide Prevention Coalition meeting at the Washington County Health Department. #suicideprevention

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

Post To: Facebook

Focus: Mission/Purpose

Content: Our mission is to prevent suicide in Washington County through awareness, education, and effective prevention, intervention, and postvention. #suicideprevention

- June 2017

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

Post To: Facebook

Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page

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

- **Date:** Tuesday, June 6, 2017

Post To: Facebook

Focus: Event Promotion

Content: Connect with others who understand the loss of a friend or love one to suicide. Our monthly support group meetings are held every first Thursday at 6:30PM. #suicideprevention

- **Date:** Thursday, June 22, 2017
Post To: Facebook
Focus: Community Support
Content: Did you know? We can deliver materials on suicide prevention to your organization, church, or company. These materials provide techniques for dealing with suicide issues to help reduce tragedies. #suicideprevention
- July 2017
 - **Date:** Monday, July 3, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page
How-To: [Visit How-To Page Here](#)
 - **Date:** Tuesday, July 11, 2017
Post To: Facebook
Focus: Event Promotion
Content: Train and learn. Nationally-recognized Question, Persuade, and Refer (QPR) training is free and available to you this Thursday at the Washington County Health Department (11:30AM to 1:00PM). #suicideprevention
 - **Date:** Thursday, July 20, 2017
Post To: Facebook
Focus: Website Resources
Content: Did you know? There are lots of resources for #suicideprevention . For instance, the American Foundation for Suicide Prevention exists to save lives and bring hope to those affected by suicide. Visit **[AFSP.org](#)** for more details.
- August 2017
 - **Date:** Tuesday, August 1, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page
How-To: [Visit How-To Page Here](#)
 - **Date:** Wednesday, August 2, 2017
Post To: Facebook
Focus: Event Promotion
Content: Join us tomorrow for our monthly support group, Helping Each Other

Heal. It starts at 6:30 PM. This connects you with others who understand loss of a friend or loved one to suicide. Message us for location details.

- **Date:** Tuesday, August 15, 2017

Post To: Facebook

Focus: Website Resources

Content: Suicide is preventable. Call the Lifeline at 1-800-273-TALK. With help, comes hope. #suicideprevention

- September 2017

- **Date:** Tuesday, September 5, 2017

Post To: Facebook

Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page

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. #suicideprevention

- **Date:** Tuesday, September 12, 2017

Post To: Facebook

Focus: Event Promotion

Content: Join us this Thursday for our monthly QPR training meeting at the Washington County Health Department. It starts at 11:30 AM and lasts until 1:00PM. Suicide is preventable, know the signs.

- **Date:** Thursday, September 21, 2017

Post To: Facebook

Focus: Website Resources

Content: Suicide is preventable. Call the Lifeline at 1-800-273-TALK. With help, comes hope. #suicideprevention

- October 2017

- **Date:** Monday, October 2, 2017

Post To: Facebook

Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group

Meeting (First Thursday) on Facebook Page

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

- **Date:** Tuesday, October 10, 2017
Post To: Facebook
Focus: Event Promotion
Content: Join us tomorrow for our monthly support group, Helping Each Other Heal. It starts at 6:30 PM. This connects you with others who understand loss of a friend or loved one to suicide. Message us for location details.
- **Date:** Thursday, October 26, 2017
Post To: Facebook
Focus: Website Resources
Content: Our Coalition wants to be a resource for you. Whether we can help you get involved, save a life, or get through a tragedy, we want to help.
#suicideprevention
- November 2017
 - **Date:** Wednesday, November 1, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) + Christmas Wreath Participation on Facebook Page
How-To: [Visit How-To Page Here](#)
 - **Date:** Tuesday, November 7, 2017
Post To: Facebook
Focus: Event Promotion
Content: Join us this Thursday for our monthly QPR training meeting at the Washington County Health Department. It starts at 11:30 AM and lasts until 1:00PM. Suicide is preventable, know the signs.
 - **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.
- December 2017

- **Date:** Friday, December 1, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page
How-To: [Visit How-To Page Here](#)
- **Date:** Tuesday, December 5, 2017
Post To: Facebook
Focus: Event Promotion
Content: Join us this Thursday for our monthly QPR training meeting at the Washington County Health Department. It starts at 11:30 AM and lasts until 1:00PM. Suicide is preventable, know the signs.
- **Date:** Thursday, December 14, 2017
Post To: Facebook
Focus: Website Resources
Content: There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. Visit AFSP.org for more details. #knowthesigns
- January 2018
 - **Date:** Tuesday, January 2, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page
How-To: [Visit How-To Page Here](#)
 - **Date:** Thursday, January 11, 2017
Post To: Facebook
Focus: Event Promotion
Content: Join us today at the Washington County Health Department at 11:30am to 1:00pm. This QPR (Question, Persuade and Refer) training meeting. Suicide is preventable, know the signs.
 - **Date:** Thursday, January 25, 2017
Post To: Facebook
Focus: Website Resources
Content: Suicide is preventable. Call the Lifeline at 1-800-273-TALK. With help, comes hope. #suicideprevention

- February 2018

- **Date:** Thursday, February 1, 2017
Post To: Facebook
Focus: Create Your Monthly Meeting (Second Thursday) + Monthly Support Group Meeting (First Thursday) on Facebook Page
How-To: [Visit How-To Page Here](#)
- **Date:** Tuesday, February 6, 2017
Post To: Facebook
Focus: Event Promotion
Content: Join us for your lunch break this Thursday at 11:30am to 1:00pm for our monthly Suicide Prevention Coalition meeting at the Washington County Health Department. #suicideprevention
- **Date:** Thursday, February 22, 2017
Post To: Facebook
Focus: Community Support
Content: Did you know? We can deliver materials on suicide prevention to your organization, church, or company. These materials provide techniques for dealing with suicide issues to help reduce tragedies. #suicideprevention