

Men's Health Week 22 - social posts

This Men's Health week is all about encouraging everyone to give themselves a regular MOT (not just the guys 😊).

Like a car, our mind and body need good care & maintenance to keep them running well. As we all drive our way through life, it's important to keep an eye on our dashboard: our mental health, physical health and our wellbeing.

Help us raise awareness and make sure we all take time to give ourselves a full body MOT.

Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter:

Like a car, our mind and body need good care & maintenance to keep them running well.

Take **@BenSupport4Auto**'s new MOT quiz and try their top tips to help keep your mind and body ticking over as you increase your mileage 🖱️ <https://bit.ly/3MMlgEE>

Facebook:

Like a car, our mind and body need good care & maintenance to keep them running well. As we all drive our way through life, it's important to keep an eye on our dashboard: our mental health, physical health and our wellbeing.

Give yourself a full body MOT by doing **@Ben - Support for Life**'s new MOT quiz and try their top tips to help keep your mind and body ticking over as you increase your mileage 🖱️ <https://bit.ly/3MMlgEE>

If you're struggling and need someone to talk to, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

LinkedIn:

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Instagram:

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Here are some # that you can add to the end of your posts:

#MensHealth
#MensHealthWeek
#ManMOT
#MentalHealth
#PhysicalHealth
#Wellbeing
#Support
#Support4Life
#Support4Auto
#AutomotiveFamily