

Depression - social posts

Here are some social posts for you to use, to share our information and tips to help people understand and manage depression.

We've recently seen a rise in the number of people looking for help with depression, which isn't surprising as it's been reported that the number of adults experiencing depression has almost doubled since the start of the pandemic.

To help, we thought it would be useful to share some information including what depression is, the symptoms and how Ben can support. 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. Don't forget to tag us in!

Twitter:

We all have times when our mood is low, & we feel down. But, if the feelings are persistent & don't go away after a couple of weeks, it could be a sign that you're experiencing depression.

@BenSupport4Auto have shared some useful information to help 🙌

www.ben.org.uk/depression

Facebook:

We all have times when our mood is low, and we're feeling sad or down. But, if the feelings are persistent and don't go away after a couple of weeks, or if they keep coming back, it could be a sign that you're experiencing depression.

If you're feeling this way, it's important to remember that you're not alone and support is available. **@Ben - Support for Life** have put together some useful tips & information -

explaining what depression is, the symptoms and how they can help 🙌

www.ben.org.uk/depression

LinkedIn:

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If you're feeling this way, it's important to remember that you're not alone and support is available. **@Ben Automotive Industry Charity** have put together some useful tips & information - explaining what depression is, the symptoms and how they can help 🙌
www.ben.org.uk/depression

Instagram:

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Head over to www.ben.org.uk/depression to find out more.

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

#Depression
#MentalHealth
#Support4Auto
#Support4Life
#Automotive