

HeadtoHelp		PHN: Head to Help Social Content Calendar					
WC	Theme	Facebook	Post Day & Time	Instagram	Post Day & Time	Twitter (PHN)	Post Day & Time
Week one commencing 09.11	Introduction to HeadtoHelp	<p>Lockdown's lifted but are you still feeling a little uneasy? HeadtoHelp is a service that can help find the best support for you.</p> <p>Trust us, the sooner you seek help, the better you'll feel. 1800 595 212</p>	Monday 8.30am	Don't suffer alone, the sooner you HeadtoHelp, the better you'll feel. Just call 1800 595 212 to get our expert recommendations on the best help to suit you.	Wednesday 8.30	HeadtoHelp finds the best mental health support for you. If you're feeling sad or uncertain, call 1800 595 212. The sooner you get help, the better you'll feel.	Monday 12.30
Assets		Uncertain Bear		Generic Video		Uncertain Bear	
Week two commencing 16.11	Introduction to HeadtoHelp / Sadness	<p>We can all feel a little sad sometimes. Maybe even anxious or lonely? If these feelings are starting to become too much or have been going on for a while, don't be afraid to seek some help.</p> <p>Finding the best mental health support that works for you is so important. We have a team ready for a FREE and CONFIDENTIAL chat. Just call 1800 595 212</p>	Wednesday 12.30	Shall we chat? The HeadtoHelp team are here if feelings of anxiety, loneliness or sadness are getting too much. Give us a call on 1800 595 212 - it's free to ring and it's just between us.	Monday 9am		
Assets		Sad Bear		Sad bear			
Week three commencing 22.11	Loneliness	<p>Are you feeling lonely too? We're so used to connecting with people online but that's not always enough. In fact, it can sometimes make things worse.</p> <p>Feelings of loneliness can be hard on our mental health. If scrolling isn't helping, please pick up the phone.</p>	Monday 8.30am	<p>Are you feeling lonely too? Connecting with people online isn't always enough. In fact, it might be making you feel even lonelier.</p> <p>If scrolling isn't helping, give us a bell.</p>	Thursday 9am	Are you feeling lonely too? Connecting with people online isn't always enough. If you'd like to chat, you can HeadtoHelp on 1800 595 212.	Wednesday 9am
Assets		Loneliness Video		Lonely Bear		Lonely Bear	