



**SOCIAL MEDIA TOOLKIT 22 JULY 2020: #WorldBrainDay #WBD2020 #BrainHealth #MentalHealth**

Brain & Mental Health Awareness across the Lifespan

**GET READY TO CELEBRATE WITH US** 🎉



**ADHD, ASC & LD Belgium (AFRB) – Brain & Mental Health Resources in Belgium:** We at AFRB encourage our participants, members and friends to help raise awareness of our efforts before, during and after World Brain Day. We believe that tomorrow we shall have a bright future for all of us. Below you will find our social media links and twitter handles. Please find us on social media, and we thank you for your interest in our association.

**Individuals, Parents, Teachers, Professionals and Families:** [Parent, teacher & families FB group](#) - [Like our FB page](#) - [Linkedin](#) [Twitter](#) #adhd #family #dyslexia #autism #dyscalculia #dyspraxia #support

**Neurodiverse Adults in the Workplace:** [Linkedin](#) - [Facebook](#) #Neurodiversity #ILoveMyBrain #BrainLifeGoals

**ADHD Women (More): Belgium & Beyond:** [Instagram](#) - [Facebook](#) - [Twitter](#) #adhdwomen #advocacy #empowerment #engagement

**Gamian-Europe:** We are proud organizational members of Gamian-Europe who provide support for patient voices & resources for the following: Words to Action ([Website](#)); Take care & be kind to yourself ([Download](#)); A guide to depression and its treatment ([Download](#)). Our advocacy support gateway to the Commission at Parliament via their MEP Alliance for Mental Health ie EU-level Action Programme, Advocating for a comprehensive EU-level Action Programme on Mental Health ([More](#)), New horizons for person-centred mental health research & care ([More](#)); Shaping a future EU Mental Health Strategy ([More](#)); Bridging the Gap: Optimising transition from child to adult mental healthcare ([More](#)). Follow Gamian Europe on **Social Media** [Twitter](#) #MEPsforMentalHealth #MentalHealthEqualsWealth

**European Brain Council (EBC):** EBC has created the #ILoveMyBrain logo to promote current activities in NGO's efforts about preventing & treating brain health disorders in Europe. Many interested organisations, researchers, patients & carers together believe in and hope to gain more attention via raising awareness for brain disorders towards EU policy makers. Last year, we co-hosted #WBD2019 with EFNA, BBC on European Level under the Neuro Patients Alliance Belgium ([More](#) - [Neuro.be](#)). Follow EBC on **Social media** [Twitter](#) #ILoveMyBrain #BrainHealth #HealthResearch #Time4Action

**European Federation of Neurological Associations (EFNA):** EFNA has created the #BrainLifeGoals campaign which we fully support so that people and communities can voice their challenges about things that need to be addressed. We are thankful for the advocacy, empowerment, engagement, and awareness initiatives helping patients in neurology to weaken our burdens and increase opportunities. We shall start our ADHD Women project in August in partnership with ADHS Deutschland, Germany ([More](#)). Download EFNA's exciting #BrainLifegoals social media toolkit [here](#). Follow EFNA on **Social media** [Twitter](#) #BrainLifeGoals #neurology #Access4Patients

**Mental Health Europe (MHE) #EachOfUs:** MHE has created the #EachOfUs campaign which we fully support so that people and communities can have their pillar of human rights and more rights advocated for. MHE provides supportive mental health resources for all walks of life. We are active contributors to the current Covid19 and Mental Health Taskforce team with thanks to MHE. To download their social media pack click. Follow MHE on **Social Media** [Twitter](#) #mentalhealth #EachOfUs #humanrights #Disability #psychosocial



**Trusted partners, collaborators from brain health & mental health community**

