

Please let everyone know you're a member PDF SMHN website Oct 2025

Please let everyone know you're a member

As a member of our Network, we'd be delighted if you displayed a poster in your premises, if applicable, to let people know you're a member and also if you could post to your social media about it too.

Letting everyone know you're a member is good for you and good for the Network too. Working together we're promoting our mission of making Southampton a mental health friendly city.

We've created posters you can display and flyers to hand out, when and where appropriate, and visuals you can use on social media. These assets can be downloaded from our website or if you are having trouble finding them, please email us via smhn@communicareinsouthampton.org.uk.

We have also created the suggested post below to use with our visuals on your social media.

Please follow us first on all these platforms and tag us in your posts, so we can like and share them, thank you.

Our platforms

<http://facebook.com/people/Southampton-Mental-Health-Network/100079442897864/>

<http://instagram.com/southamptonmentalhealthnetwork/>

<http://linkedin.com/company/southampton-mental-health-network>

Our tags

Facebook

@Southampton-Mental-Health-Network – please follow us first for ease of tagging

Instagram

@southamptonmentalhealthnetwork – please follow us first for ease of tagging

LinkedIn

@southampton-mental-health-network – please follow us first for ease of tagging

Due to the increasingly non-inclusive nature of X, we're no longer posting to this platform, however if you have X and wish to post to it, please adapt our Facebook version posts to make the 280-character posts you need.

Emoji use

On social media, a blue heart emoji  often symbolises:

- Trust, peace, and loyalty – commonly used to show calm support or solidarity.
- Mental health awareness – especially light blue, which is associated with mental health campaigns.

- Supportive friendship or platonic love – less romantic than a red heart.
- Water or ocean themes – sometimes used in environmental or coastal contexts.

In this context, using  subtly reinforces themes of mental wellbeing, support and community. Blue is also part of the Southampton Mental Health Network brand colours.

Social media post

Facebook

We're proud to be members of the @Southampton-Mental-Health-Network!

We're collaborating with lots of other incredible wellbeing organisations citywide to make Southampton a mental health friendly city – because we're #BetterTogether 

Let's keep building a community where mental health matters and support is always within reach.

The Network's website provides signposting for anyone looking for support and help within their area of the city. www.smhn.org.uk

#MentalHealthMatters #SMHN #BetterTogether (Add visual from our available bank of images)

Instagram

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ENDS