



Social Media Captions

Short, encouraging posts to share the month beyond the profession.

POST 1 · KICKOFF

November is Educator Mental Health Awareness Month. Founded by Georgia educator Dr. Shamira Webb and signed by Governor Brian Kemp in 2025, it is the first and only proclamation of its kind in the nation.

#EducatorMentalHealth
#EducatorMentalHealthAwarenessMonth

POST 2 · WHO IT'S FOR

Educator Mental Health Awareness Month is for every educator and every adult who works with students: teachers, counselors, administrators, paraprofessionals, support staff, and higher education faculty.

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POST 3 · PAUSE

This Educator Mental Health Awareness Month, we're encouraging educators to pause. One deep breath. One quiet moment. One minute just for you.

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POST 4 · REFLECT

During Educator Mental Health Awareness Month, take a moment to reflect. What brought you joy this week? What would you like more of? Educators deserve time to check in with themselves.

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POST 5 · RESET

A reset can be simple: a walk, a stretch, a favorite song. This Educator Mental Health Awareness Month, give yourself permission to reset.

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POST 6 · CLOSING

Thank you to every educator who took time during Educator Mental Health Awareness Month to pause, reflect, and reset.

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SUGGESTED HASHTAGS

#EducatorMentalHealth #EducatorMentalHealthAwarenessMonth

Already included at the end of every caption above.