

Washington County

The WellSpring Project

Introduction Social Post

Social Post



Caption

The WellSpring Project aims to build mental health resilience in Washington County. You can get resources and find ways to be resilient in your life and within your community.

Learn more at WellSpringProjectWC.com

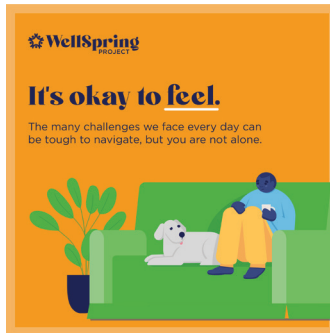
Washington County

The WellSpring Project

Youth & Young Adults

Social Post

Individual

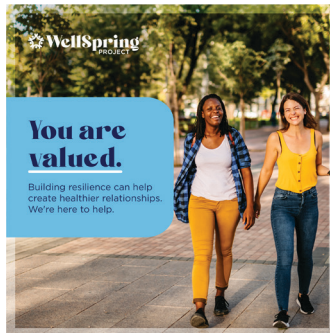


Caption

However you feel or respond to the challenges in your life, know that your response is normal. Mental health can be hard to navigate, but you don't have to do it on your own. We can help you build resilience with mental health resources and more.

Find resources at WellSpringProjectWC.com

Relational



Building healthy relationships with close friends, family, or your partner requires attention and care. Having these positive support systems can make you more resilient in all areas of life. And, we're here to help. We can be your resource for making and maintaining better connections.

Find resources at WellSpringProjectWC.com

Community



Working towards a resilient community means every person plays a part. You can connect with others and create support networks that benefit everyone. And you don't have to do it alone. We're here to help with resources and more.

Connect now at WellSpringProjectWC.com

Washington County

The WellSpring Project

Adults

Social Post

Caption

Individual



Prioritizing your mental well-being can lead to a healthier and more fulfilled life for you and those around you. We can help you build resilience with mental health resources and more.

Learn more at WellSpringProjectWC.com

Relational



The resilience you develop in your relationships can help you grow and thrive in all areas of life. WellSpring is here to help with mental health resources and more.

Learn more at WellSpringProjectWC.com

Community



Working towards a resilient community means every person plays a part. You can connect with others and create support networks that benefit the health and wellbeing of all. And you don't have to do it alone.

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Washington County

The WellSpring Project

Parents & Children (Parent)

Social Post

Caption

Individual



Knowing how to maintain your own mental well-being will help you be better equipped to care for your family and give them the support and guidance they need. Prioritizing self reminds you and others that your feelings and needs are valid. Learn how you can care for you—we can help.

Find resources at WellSpringProjectWC.com

Relational



Good relationships with close friends, your spouse, or partner can make you feel secure and loved. A healthy relationship will benefit you and those around you. But you don't have to do it on your own—we can help.

Find resources at WellSpringProjectWC.com

Community



Working towards a resilient community means every family plays a part. You can connect with others and create support networks that benefit both your family and our community. And you don't have to do it alone.

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Washington County

The WellSpring Project

Parents & Children (Child)

Social Post

Caption

Individual



You can teach your child that it's okay to not be okay, and be a resource to grow their resilience. The best part is you don't have to do it alone.

Find resources at WellSpringProjectWC.com

Relational



Spending time with loved ones can be fun, but every family encounters their own challenges. You and your family can nurture and maintain better relationships at home by building resilience. The good news is you don't have to figure it out on your own—WellSpring is here to help.

Find resources at WellSpringProjectWC.com

Community



A resilient child means a resilient future. By building support networks at school and out-of-home activities, your child can learn independence and be more confident facing challenges in the future, whatever they may be. The good news is they don't have to figure it out on their own—WellSpring is here to help.

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The WellSpring Project

Older Adults (Adult)

Social Post

Caption

Individual



New changes and challenges come about as we move through life. Talking openly about mental health is important in every season of life. We can provide resources for maintaining a healthy mind and help prepare for life's changing course.

Find resources at WellSpringProjectWC.com

Relational



Healthy relationships can provide comfort, support, and can even influence better health. We can help you nurture and maintain your relationships with close friends and family.

Find resources at WellSpringProjectWC.com

Community



Actively participating in your community will help you and others build resilience. You can connect with others and create support networks that benefit everyone. And you don't have to do it alone. We're here to help with resources and more.

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The WellSpring Project

Older Adults (Caregiver)

Social Post

Caption

Individual



Talking openly about mental health is important for you and those around you. We're here to help with resources to maintain your own mental well-being as well as others.

Find resources at WellSpringProjectWC.com

Relational



Feelings of loneliness are normal for many people. Through it all, you can build up resilience to the hard stuff. The best part is you don't have to do it alone. We can be your resource to build better connections.

Find resources at WellSpringProjectWC.com

Community



Actively participating in the community can help build resilience. Your loved ones can connect with others and build their own support networks through activities that benefit both them and the community. We're here to help with resources and more.

Connect now at WellSpringProjectWC.com