Welcome to the Social Media Toolkit.

Use anything in here in whatever way works best for you. You can copy it, edit it, shorten it or reshape it to fit your audience and platform.

If you are sharing posts, please tag West Space so we can see what you are doing and help amplify it where we can.

Take what you need and make it work for you.

Platform	Suggested Copy
Facebook	**Big news for West Lothian** 🎉 West Space has launched a brand-new 6 Ways to Wellbeing resource hub – packed with free, practical tools to help people strengthen their mental health every day. **What's inside?** • A clear, easy-to-use 6 Ways to Wellbeing guide • Tailored resources for real life events – from exams to retirement • Short, engaging videos introducing each Way • A dedicated focus on financial wellbeing Whether you're an individual looking for simple ways to feel more resilient, or an organisation wanting practical tools to support your staff, service users or community – this hub is for you. Explore the resources here: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/ #WestLothian #6WaysToWellbeing #MentalHealth
Instagram	West Space has launched a brand-new 6 Ways to Wellbeing resource hub for West Lothian. Free guides. Short videos. Practical tools people can use immediately. Whether you're supporting staff, families, young people, or your wider community, these resources make it easier to start conversations about mental health and take positive action.

	Take a look and share with your community: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/ #WestLothian #6WaysToWellbeing #MentalHealth
LinkedIn (Primary)	We're pleased to support the launch of West Space's 6 Ways to Wellbeing hub for West Lothian. This free online resource brings together practical guides and short videos that help people take realistic, everyday steps to support their mental health. For organisations, it's a ready-made way to promote positive wellbeing, spark conversations, and share credible, research-informed tools with your community or workforce. Explore and share with your networks: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/ #WestLothian #6WaysToWellbeing #MentalHealth
LinkedIn (Alternative)	West Space has launched a brilliant new resource for West Lothian. The 6 Ways to Wellbeing hub is full of practical ideas and short videos that help people feel more connected, resilient and in control, whatever life throws their way. If you work with people locally, this is well worth sharing. Let's help these tools reach as many corners of West Lothian as possible. Explore the hub here: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/ #WestLothian #6WaysToWellbeing #MentalHealth