



Some posts have (smartphone emoji) (walk emoji). When posting on social media, please remove the brackets and insert the recommended emojis instead.

06 May 2020

SOCIAL MEDIA PACK

My Dorset Mind

LinkedIn

These tough times don't allow us to deliver our support services in the way we used to, face-to-face in the community. However, we have adapted and moved everything online - and we also have a brand new experience for you to try at home my.dorsetmind.uk

**#VirtualTour #experience #StayHomeSaveLives #MentalHealth
#joinourmovement #MyDorsetMind**

Today we are launching an exciting online experience that allows you to enjoy our beautiful county from your home, until the time comes where we can explore it again for real. Choose your sounds and scenery and practice relaxing mindful techniques that will help you escape to your favourite part of the county my.dorsetmind.uk

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We're bringing our favourite parts of Dorset into your home. Give yourself a few moments to relax with our new online experience by choosing your preferred landscape and sounds my.dorsetmind.uk

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We know that not being able to leave the house can be very challenging both physically and mentally. We've launched an online experience that brings



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Dorset's beautiful places straight to your home to help you find moments to relax: my.dorsetmind.uk

#VirtualTour #experience #StayHomeSaveLives #MentalHealth #joinourmovement #MyDorsetMind

Don't miss out seeing Dorset's beautiful spots just because you're at home. Enjoy virtual moments of relaxation in your favourite locations with our newly launched online experience my.dorsetmind.uk

#VirtualTour #experience #StayHomeSaveLives #MentalHealth #joinourmovement #MyDorsetMind

Mental health issues come in various forms and there's no such thing as too small a problem. We encourage everyone to practice understanding and #kindness, especially during these increasingly challenging times. Also, digitally gather your friends and take a virtual tour of some of Dorset's beautiful places here my.dorsetmind.uk

#MentalHealthAwarenessWeek #VirtualTour #experience #StayHomeSaveLives #MentalHealth #joinourmovement #MyDorsetMind

Facebook

These tough times don't allow us to deliver our support services in the way we used to - face-to-face in the community. However, we have adapted and moved everything online - and we also have a brand new experience for you to try at home my.dorsetmind.uk (beach emoji)

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Instagram

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#StayHome #VirtualTour #experience #home #StayHomeSaveLives #MentalHealth #dorset #mentalhealthawareness #mentalhealthmatters #wellbeing #wellbeingwarrior #wellbeingcoach #digital #digitalservices #selflove #selflovejourney #stayhomechallenge #stayhomestaysafe #stayhomeclub #DorsetMind #joinourmovement #MyDorsetMind

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**#stayhomestaysafe #stayhomeclub #DorsetMind #joinourmovement
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#DorsetMind #joinourmovement #MyDorsetMind**

Twitter

We've moved most of our support services online and have built a new #experience for you to find relaxation at home my.dorsetmind.uk (walk emoji) (computer emoji)

**#VirtualTour #experience #StayHomeSaveLives #MentalHealth
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We want to help you enjoy beautiful Dorset from your #home during lockdown. Practice relaxing mindful techniques to help you escape to your favourite place my.dorsetmind.uk



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We're bringing your favourite parts of Dorset to your #home! Enjoy this online experience by choosing your preferred #Dorset landscape and sounds my.dorsetmind.uk (walk emoji) (phone emoji)

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Not being able to leave the house can be very challenging mentally, so we've created a new online experience to help my.dorsetmind.uk (computer emoji) (content emoji)

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Don't miss out seeing Dorset's beautiful spots just because you're at home. Enjoy virtual moments of relaxation in your favourite locations with our new tool my.dorsetmind.uk (walk emoji) (computer emoji)

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#MentalHealthAwarenessWeek

Cinemagraphs for Instagram:

https://drive.google.com/drive/folders/1prRgr_55ZloBcOTb0dyIn3KpY_Rtf98Y?usp=sharing



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Partner Posts

Facebook

We have partnered with @DorsetMindOfficial to bring the beautiful county of Dorset into your homes. Using a combination of scenery, sounds, and mindful techniques, we hope that this tool will help you to enjoy the best parts of this county. Try the experience here my.dorsetmind.uk

**#StayHome #DorsetMind #VirtualTour #experience #home
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We have partnered with @DorsetMindOfficial to bring Dorset's beautiful locations to life in a virtual form so that they can still be explored and enjoyed as we are all in lockdown #StayingHome. (walk emoji) (computer emoji) Try the experience here my.dorsetmind.uk

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Our partnership with @DorsetMindOfficial aims to make these challenging times a little easier by bringing the best of Dorset's natural landscapes to your home. (beach emoji) Check it out here my.dorsetmind.uk

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Practice relaxing mindful techniques while exploring Dorset virtually with this new #experience in partnership with @DorsetMind. my.dorsetmind.uk (walk emoji) (phone emoji)

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