



Pennsylvania Just Five Social Media Toolkit

1 in 3 people is affected by addiction or a behavioral health condition. [Just Five](#) delivers – in just five minutes per lesson – the most important concepts and facts regarding the disease of addiction. Learn who's at risk, how to know if a person has a substance use disorder, and more.

Posts for Workforce:

- Addiction is not a choice, or a character flaw. It is a medical condition that changes the brain. Learn how you can help employees or coworkers who may be struggling with the disease of addiction. Call 1-800-662-HELP or visit: justfive.org/pa-workforce
- EMPLOYERS: We rolled out a new substance use disorder education website which can easily be tied into healthy workplace or recovery friendly workplace initiatives. Learn more: justfive.org/pa-workforce
- All employers want their employees to remain happy and healthy. Help educate your employees about the risk factors of substance use disorder and available resources by visiting: justfive.org/pa-workforce
- Like with cancer and heart disease, early screening and treatment for addiction can improve health outcomes. Encourage your employees to take a few minutes to educate themselves about this disease. justfive.org/pa-workforce
- Recognizing and treating the disease of addiction helps promote productive, healthy, and safe work environments for everyone. Learn more: justfive.org/pa-workforce
- The disease of addiction has far ranging health and safety impacts for employees in the commonwealth and their employers. Learn the signs and how to help those who may be struggling: justfive.org/pa-workforce

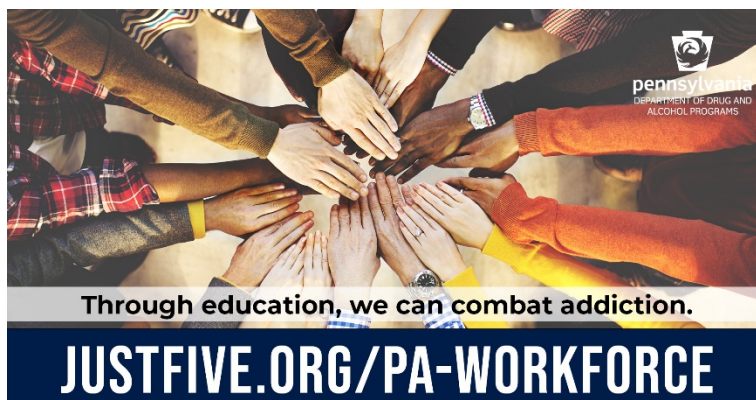
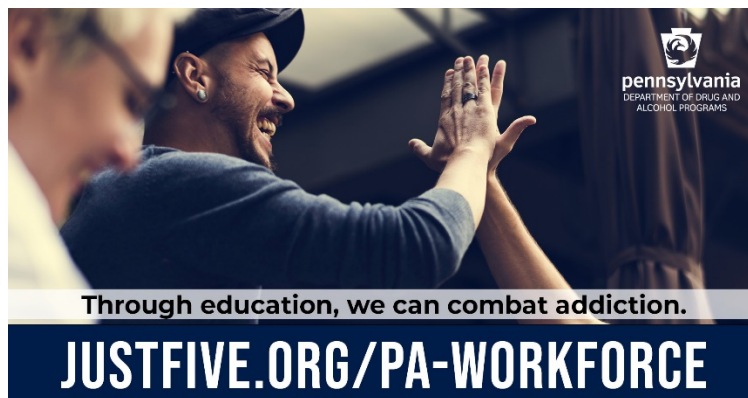
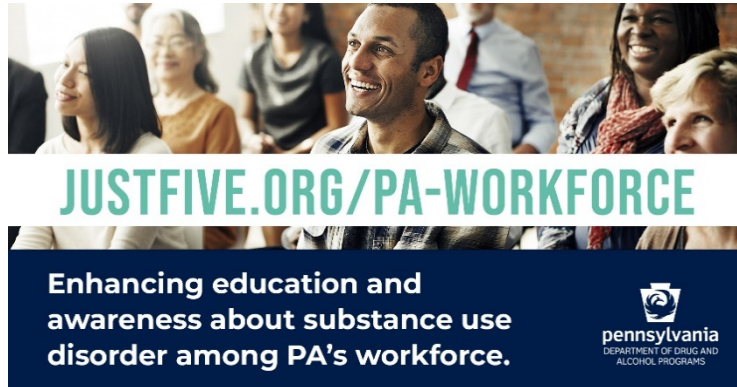
Posts for General Public:

- Overdose deaths have reached a record high in the U.S. and education is vital for improved public health outcomes for those impacted. Educate yourself on this disease and how to help those struggling: justfive.org/pa-workforce
- Do you wonder why some people develop a substance use disorder while others do not? Learn the risk factors and signs of substance use disorder so you can help others who may be at risk. justfive.org/pa-workforce
- It can be overwhelming to know how to help when someone you care about is struggling with addiction. We've got resources to help. Call 1-800-662-HELP or visit justfive.org/pa-workforce
- Susceptibility for addiction varies from person-to-person. Science points to three key risk factors: genetics, age of first use, and environment. Learn about the risks and steps to reduce the likelihood of developing an addiction: justfive.org/pa-workforce



- The number one reason that people do not seek help for substance misuse or addiction is because they do not believe they have a problem. Take the 1-minute quiz to determine if you or a loved one have a substance use disorder: justfive.org/pa-workforce

Facebook/Twitter Graphics:





Educational resources about substance use disorder:

[JUSTFIVE.ORG/PA-WORKFORCE](https://www.justfive.org/pa-workforce)



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