

# JED Campus Campaign Twitter Post Copy



The Jed Foundation

**Copy text below and Paste in Twitter post:**

## **Option 1**

If you're feeling pressured to share your prescription stimulant medication, remind your friends that there are better ways to deal with stress. For additional help or resources reach out to an on-campus healthcare professional. Learn more at [insert URL].

## **Option 2**

There are other ways to deal with pressure. One way is by managing your time – try to prioritize your to-do list, eliminate distractions, and schedule in relaxation. For additional help or resources, reach out to an on-campus healthcare professional. Learn more at [insert URL].