



Consider sharing more in-depth messages with your community online through a blog. WordPress and Blogger are two excellent blogging platforms. Post as frequently as you wish, with a goal of at least once a month. Be sure to provide a link to your blog on your Facebook and Twitter pages.

» 5 Steps to an Engaging Blog Post

- Target your audience by using an appropriate reading level and relevant content.
- Check your facts; use only statistics that come from reliable sources, and cite them.
- State your main points in your introduction and again in the conclusion.
- Limit your post to no more than 750 words.
- Time your blog post to coincide with events and current news.

Ideas for Blog Posts

- Information for crime victims, e.g., crime victim compensation or victims' rights
- Details about an upcoming event or recap following the event
- Awareness days, weeks, months, e.g., World Elder Abuse Awareness Day
- Suggestions for self-care
- Personal stories (include suggestions for self-care and how victims used local resources to assist in their recovery)
- Lists of important resources and services
- Relevant interviews with important local officials or executives in the organization



Sample **Blog Post**

We Are Here for You

Victims of all types of crime—both violent and non-violent—may experience trauma, which includes not only physical injuries, but the mental and emotional wounds caused by the victimization. Sometimes that trauma is compounded in the aftermath of a crime—in the re-telling of details to law enforcement or when encountering the perpetrator in the justice system. Just as your physical recovery can require time and professional support, so too can your emotional recovery.

Every person reacts differently to trauma based on their individual psychology, previous experiences, and history of trauma. Some crime victims experience little impact on their mental health while others develop long-term medical conditions. Your reaction has nothing to do with your personality, physical strength, or how you were raised. Left untreated, however, trauma can have serious and lasting effects. It is important to know that there are resources to support you as you recover from victimization.

According to the [National Alliance for Mental Illness](#), 1 in 5 Americans experiences mental illness each year; yet 60% of affected adults don't receive mental health services. It can be difficult to distinguish between normal thoughts, feelings, and behaviors and signs of mental illness. Common signs of mental illness include excessive worrying, fear, or sadness; extreme mood changes; avoiding friends and social activities; and an inability to carry out daily activities.

Maintaining or working toward good mental health is an important component of recovery from victimization. If you or someone you know has been the victim of a crime, *[Your organization]* is here to connect you with mental health resources.

[Provide details of services your organization offers and link to other local resources.]

Remember, we are here to serve you and help you recover in the aftermath of a crime.

