

SOCIAL MEDIA AND MENTAL HEALTH

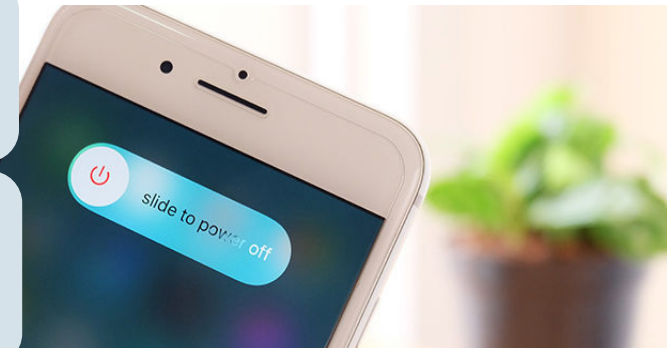
How to respond if you or a loved one's mental health or self image is negatively impacted by social media

Do NOT bring phone or tablet to bed.

Disable notifications and delete certain apps off of phone.

Turn off phone at certain times of the day.

Limit the amount of time you check the phone throughout the day.



Talk to your child/teen about the **deeper mental health issues** that can arise from social media.



BUILD MEANINGFUL CONNECTIONS

- Set time for family and friends without phones.
- Join a club or volunteer with individuals who have the same interests.
- Reach out to people at the grocery store or local coffee shop.



Oakland Community
Health Network