

SOCIAL MEDIA AND MENTAL HEALTH

The Impact of Social Media on Mental Health and Self Image



Competitiveness when comparing unrealistic images to self and lives.



Social media can trigger feelings of inadequacy.



Facilitate the use of cyberbullying.

Those who increase social media use...

- ***Miss face-to-face opportunities***
- ***Can decrease sleep quality***
- ***May harm their mental health***

25%

Increase in suicide attempts among teenagers from 2009 to 2017

“Using less social media than you normally would leads to significant decreases in both depression and loneliness.”

