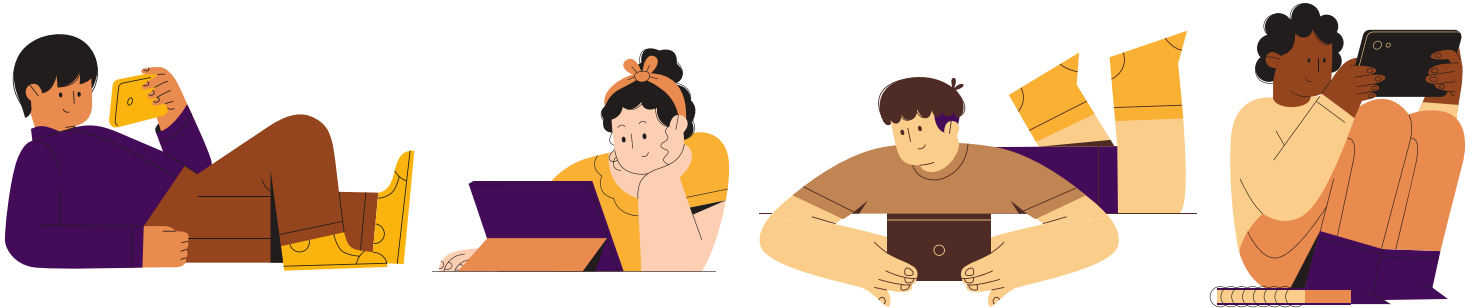


# SOCIAL MEDIA & MENTAL HEALTH

Los Angeles County Department of Mental Health



## Social Media: Helpful or Harmful?

Social media can be a way to express your thoughts and creativity, expand your social networks and keeping in touch with friends and family.<sup>2</sup>

On the other hand, social media can be isolating -- it can take you away from other activities or people in your life. Studies have shown that more time spent on social media can lead to a greater chance of feeling lonely, anxious and depressed.<sup>1,3</sup> As with everything, moderation is key!

## Consider Reducing Your Social Media Use If:<sup>1,2,3</sup>

- You feel anxious, sad, or worried
- You think a lot about “likes,” “comments,” or what others post
- Constantly check your social media for updates and because of FOMO (Fear of Missing Out)
- It distracts you from your school work or impacts your grades
- It disrupts your ability to fall asleep or get enough sleep
- You feel pressured to do things you wouldn't normally do
- It is causing you to compare yourself to others (could be body image, appearance, etc.)
- You are experiencing cyberbullying
- You withdraw from or avoid other social interactions

## Tips To Support Your Mental Health

- Follow inspirational and empowering accounts
- Unfollow accounts that make you feel anxious, sad, upset, or that bring up difficult memories
- Set a time limit for social media apps.
- Talk to someone you trust if you are being bullied.
- Maintain boundaries by checking your privacy settings
- Take a break from social media and engage in other activities such as:

1. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>

2. American Psychological Association (APA). <https://www.apa.org/members/content/social-media-research>

3. HelpGuide. <https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>