

Sample Social Media Posts

GENERAL

- Children and teens are experiencing intense emotions while spending much of their lives online. Learn more and find #mentalhealth resources from Mental Health America: mhanational.org/youth-tech
- Excessive social media use has been linked to increased risks for #mentalhealth conditions, which can impact school performance for children and teens. Learn more and find resources to help your child or student at mhanational.org/youth-tech.
- Parents, caregivers, and school personnel can make a positive impact by educating young people about #mentalhealth and modeling healthy social media use. Learn more and find resources: mhanational.org/youth-tech

TOOLKIT

- Adults can and should prepare children and teens to protect their #mentalhealth online. Mental Health America's "Selfies, Social, and Screens" toolkit is a great, free resource to help you get started: mhanational.org/youth-tech
- Social media isn't going anywhere anytime soon. Mental Health America has the #mentalhealth resources you need to help young people navigate the virtual world: mhanational.org/youth-tech
- Mental Health America's "Selfies, Social, and Screens" toolkit can help parents, caregivers, and school personnel reduce the negative impact of social media and leverage its positive qualities. Learn more: mhanational.org/youth-tech

SCREENING

- When the online world gets overwhelming, take a moment to check in on your #mentalhealth. Taking a free, anonymous screen at mhascreening.org is one of the quickest and easiest ways to do so.
- Mental Health America offers free #mentalhealth screenings for children, teens, and adults. After the screen, you'll receive more information to help you determine next steps. Get started at mhascreening.org.
- If you think your child's time online is impacting their #mentalhealth, take the parent mental health test and find resources at mhascreening.org.

CRISIS

- Online spaces can expose young people to cyberbullying, harassment, and body image concerns—all of which can impact #mentalhealth. If you believe a child or teen is in crisis, call or text 988 or chat 988lifeline.org. You can also text MHA to 741741.
- Serious signs that a child or teen is in crisis should be addressed immediately. If you believe a young person is experiencing a mental health crisis, call or text 988 or chat 988lifeline.org. You can also text MHA to 741741.



Share our resources

Download social media images, posters and more

Download

mhanational.org/youth-tech/graphics

While young people are usually talking online to their friends, virtual communication is not without risks. Cyberbullying, explicit content, extortion, and online predators are very real and can impact young minds.



MLIA DOWNLOAD THE SELFIES, SOCIAL, & SCREENS TOOLKIT: [MHANATIONAL.ORG/YOUTH-TECH](https://mhanational.org/youth-tech)

Adults can and should prepare children and teens to protect themselves online, and then be there to help them understand what they're seeing and hearing to minimize negative effects on mental health.



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Social media sometimes gets a negative reputation, but many young people benefit by using it to express themselves and connect with others.



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Teens are more likely to report positive than negative experiences from using social media, primarily because of the sense of connection it can provide.



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Social media feeds are full of images of celebrities, influencers, and peers who young people may perceive as more attractive than themselves. Body dissatisfaction and low self-esteem are commonly triggered by social media, especially among adolescent girls.



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Fear of missing out, comparing themselves to others on social media, and cyberbullying can have a profound negative impact on a young person's mental health.



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Humor is beneficial to mental health, and young people seek out comedy content more than any other topic across all platforms. In moderation, spending some time online can boost your mental health.



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Like most things, gaming is unlikely to be a problem when done in moderation. In fact, gaming has been linked with some positive effects like improved decision-making and time management skills.



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Adults can help youth navigate the virtual world through various means, including helping them clean up content feeds, and being mindful that algorithms can lead to dangerous content.



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TIPS FOR TAKING CARE OF YOURSELF

Teaching is an incredibly rewarding, yet stressful job. Taking care of your mental health is essential not only for your well-being but also for your effectiveness as an educator.

ADDRESS STRESSORS

Don't wait to communicate concerns with administrators or seek additional resources to get to the root of the problem.

BUILD A SUPPORT SYSTEM

Cultivate a network of colleagues, friends, or family members with whom you can share experiences, vent, or seek advice.

GIVE YOURSELF GRACE

You can prioritize tasks and create to-do lists, but there are only so many hours in a day and you are only one person. You can't be perfect all the time, and it's okay to have challenging days. Set realistic expectations for yourself and try to show yourself the same compassion you show your students and colleagues.

KNOW WHEN TO SEEK HELP

If you're struggling, take a free, confidential, anonymous mental health screen at mhascreening.org.

SET BOUNDARIES

Establish work-related calls or emails during off-hours and make time for personal hobbies and activities that bring joy and relaxation.

PRACTICE MINDFULNESS

Recognize techniques like meditation or deep breathing exercises to reduce stress and increase focus.

TAKE BREAKS

During the school day, make sure to take short breaks to rest and recharge, even if it's just a few moments to step outside or sit quietly. Use your PTO when you need a little extra time.

CELEBRATE YOURSELF

Take time to reflect on and keep track of your successes. Celebrate accomplishments, no matter how small.

USE SUPPORT SERVICES

Access our mental health support services provided by the district or district-level counseling or employee assistance programs, when your mental health challenges aren't working.

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SET BOUNDARIES

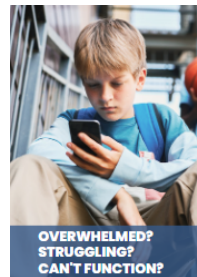
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SCAN ME



OVERWHELMED? STRUGGLING? CAN'T FUNCTION?

These might be the first signs of a mental health condition, like depression or anxiety. You are not alone!

Take the youth screen at mhascreening.org to check on how you feel. Once you get the results, you will get more information and help to figure out next steps.



SCAN ME!



NEED HELP NOW?

Trained crisis counselors can be reached 24/7.

Call 988 or chat at 988lifeline.org.

You can also reach Crisis Text Line by texting MHA to 747474.