



It's Up to Us[®]

to Create a Healthy & Supportive San Diego

About the Bulletin

This bulletin is designed to educate San Diegans on how social media can influence our mental well-being. It also provides actionable tips for making your time on social media a source of positivity and support.



Shine a Light On: Social Media, Mental Health, and You

Social media plays a significant role in our daily routines, especially among young people who use it for activities like connecting with friends or staying updated on current events. In fact, most adolescents find that social media helps them feel more accepted and supported. The key to navigating this social media landscape is understanding its positive and negative effects on our mental well-being. With mindful usage and awareness, creating a positive online experience is possible.

Scroll to Feel Better: Tips for a Healthier Mind on Social Media

Find Your Community



- **Follow accounts that align with your values and interests:** A sense of belonging can boost your mental and physical health.
- **Don't limit your experience:** Social media is for everyone regardless of age, gender, sexuality, race, or ethnic background.

Share Your Mental Health Story



- **Open up about your journey:** Many find it easier to give and receive mental health support over social media. It also helps to reduce mental health stigma and may encourage others to seek help.
- **Follow influencers or accounts that promote mental health awareness:** You can learn and be inspired to do positive things that may help improve your well-being.

Stay Connected



- **Keep in touch:** If friends and family live far away, maintaining your connection with them on social media can help your mental health.

Express Yourself



- **Share your passion:** It's not just about following trendsetters and celebrities. Social media can also be an experience where you can make your mark through sharing your art, music, and creative passions.

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San Diego Access & Crisis Line (ACL)
888-724-7240

Community Resources
211

The ACL is a local 988 Network Partner

Dial 988 to reach the national Suicide & Crisis Lifeline network. Local calls from a San Diego County area code will be rerouted to the ACL 7 days a week / 24 hours a day in all languages. Scan the QR code to learn more.

988
SUICIDE
& CRISIS
LIFELINE





Tips to Protect Your Mental Health on Social Media

While social media can be a fun place to connect and share, it can also affect our mental health. Whether comparing yourself to others, feeling alone, or dealing with online bullying, social media can sometimes make us feel like we aren't enough. Here are some tips for you and people you know to help protect your mental health on social media.

Limit Your Screen Time




Too much time on social media can lead to negative feelings and disrupt important daily activities like sleep, work, or school.

Seek Professional Help




If you or someone you know consistently feels down or anxious or finds it difficult to do regular activities, seek professional help. You can contact the Access & Crisis Line at 888-724-7240.

Create Tech-Free Zones




Establish areas or times when screens are off-limits, like during family dinners. This creates a balance between the digital and the real world.

Protect the Kids




Most social media platforms require users to be at least 13 years old. Parents and guardians should always use their best judgment and monitor their child's access to social media.

Pick Content That Lifts YOU




Be conscious of what you watch and pay attention to. Don't hesitate to unfollow if something or someone online makes you feel bad.

Report Harmful Content

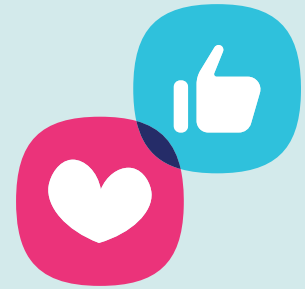


If you see hurtful or worrying posts, report them. Take action to make the online space safer for everyone.

Think Before Posting



Always pause to consider whether what you're about to post is something you'd say in person. This can prevent conflicts and promote a more respectful online environment.



About *It's Up to Us*

This bulletin is part of the *It's Up to Us* campaign, developed through the County of San Diego Health and Human Services Agency, and supports the County's *Live Well San Diego* vision to promote a community that is healthy, safe, and thriving. By raising awareness, encouraging dialogue, and providing access to local resources, we aim to inspire wellness, reduce stigma, and prevent suicide in all San Diegans, particularly focusing on San Diego's most impacted and at-risk populations.

Sources

The U.S. Surgeon General's Advisory: Social Media and Youth Mental Health (PDF) bit.ly/476G3xM

Pew Research Center: Social Media Use in 2021 bit.ly/49qyzaB

National Alliance on Mental Illness: Social Media and Mental Health bit.ly/49q9BrV

National Alliance on Mental Illness: How Social Media Is Changing the Way We Think About Mental Illness bit.ly/3QOuGF8

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