Social Media and Mental Health for Adolescents

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Help Seeking Resources They Use When Feeling Down by Suicidality

- Talking to friend/family
- Sending a text message
- Talking on the phone
- Using instant messaging
- Writing about it on SNS profile
- Talking to health care provider*
- Posting to a blog**
- Calling suicide prevention hotline*
- Posting to suicide support group site**
- None, don't communicate

* p<.05  ** p<.01
Mental Health Literacy

Mental Health Stigma

Help-Seeking

Interventions
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Mental Health Stigma
Help-Seeking
Interventions

www.beyondblue.org.au
https://www.youthbeyondblue.com/
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https://youth.anxietycanada.com/
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www.crisistextline.org
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TalkLife

Peer-to-Peer Support
Help-seeking Determined by Youth

What is important to you?
Select up to 3 areas of life that you value

- Dealing with tough times
  Find apps to help you be resilient and cope with anxiety, depression and panic attacks.
- Being independent
  Discover apps that help you work out and achieve your goals, solve problems and be resilient.
- Health and fitness
  Find new ways to increase your energy and fitness, form healthy habits and sleep better.
- Relationships and helping others
  Learn practical ways to connect with others, be kinder and improve your relationships.
- Thoughts and emotions
  Sort out your feelings and manage anger, stress and panic attacks, so you can make the most of every day.

Next question
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Going through a tough time? You're not alone and there are support options.

NextStep is a series of interactive questions that can help you find the best support options for you, faster.

Open NextStep

https://au.reachout.com/#next step
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The Toolbox
The best apps for your body and mind. Define your goals and find apps to help you achieve your goals.

Browse Goals
Not sure where to start? Browse goals and add them to your list to access apps.

SMS Tips
Daily tips and challenges

Take the Quiz
Take our quiz to find out what’s most important to you and get the tools needed to achieve it.

ReachOut WorryTime
Download the app

Get Involved
Pitch in to help others

Forums
Join the conversation

Featured
Download the Breathe app
Download the Recharge sleep app
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Interventions

Mindshift App

- My Anxiety Check-In
- Adjust Your Thinking
- When You Need Help Fast
- Guided Meditations

Mindfulness Daily

Related: binaural beats > sleep tracker > white noise machine

Headspace - Guided meditation and mindfulness meditation

*111*

Offers Apple Watch App

Meditation made simple. Focus on what matters to you.

Headspace meditation limited

Get started now.
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Thank You

Please contact me if you have questions or want additional information on resources.

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