

Navigating Tech and Mental Health

A Guide for Young Minds

The Influence of

Technology on

Mental Health

Technology lets us play games, learn new things, and talk to friends far away. It's super cool!

But sometimes, too much screen time or seeing mean things online can make us sad or upset.

42%

of mental health patients expressed concern over cyber threats, making them hesitate to share personal information. ⁽¹⁾

45%

of teens say they are online "almost constantly". ⁽²⁾

70%

of teens say they use social media more than once a day, which shows how common it is for teens to use it. ⁽²⁾



Identifying Warning Signs



If you start feeling grumpy or not yourself after using technology, that's a sign to take a break.

CLOSE



If you notice friends acting differently online or getting upset, it's essential to be kind and supportive.

CLOSE

Developing Balanced Use of Technology



Set limits

Establish boundaries for screen time and prioritize activities that promote physical activity, social interaction, and relaxation.

Be mindful of content

Choose digital content that is age-appropriate, positive, and uplifting, and avoid engaging with material that may be harmful or triggering.



Stay connected

Foster real-life relationships and communication skills by spending quality time with family and friends offline.

Seek support

Encourage open communication with trusted adults, such as parents, teachers, or counselors, about any concerns regarding mental health & technology use.



Developing Balanced Use of Technology



Balance is vital

Aim for a balanced approach to technology use, incorporating screen time and screen-free activities into daily routines.



Practice digital citizenship

Be mindful of how your online behavior impacts others and strive to contribute positively to online communities.

Remember!

Using technology is fantastic, but taking care of our feelings is essential, too. By being smart about our tech use, taking breaks, and talking to grown-ups when needed, we can stay happy and safe online!

Citations

(1) <https://gitnux.org/cybersecurity-in-the-mental-health-industry/>
(2) <https://www.weforum.org/agenda/2022/08/social-media-internet-online-teenagers-screens-us/#:~:text=Almost%20half%20of%20US%20teenagers%20aged%2013-17%20say,less%20than%20a%20third%20saying%20they%20use%20Facebook>