

LIKEMIND

An online mental health companion for young people



Using social media

Information on social media and guides for protecting yourself online

Impacts of social media

Body image and self-esteem -

<https://www.themix.org.uk/mental-health/body-image-and-self-esteem/social-media-makes-me-feel-bad-about-my-body-32056.html>

Cyber bullying - <https://www.themix.org.uk/news-and-research/blogs/constant-connections-the-threat-of-cyber-bullying>

Is social media bad for you? -

<http://www.bbc.com/future/story/20180104-is-social-media-bad-for-you-the-evidence-and-the-unknowns>

Online grooming - <https://www.themix.org.uk/crime-and-safety/personal-safety/what-do-i-need-to-know-about-online-grooming-22048.html>

Reading about self-harm online -

<https://www.themix.org.uk/mental-health/self-harm/we-need-to-talk-about-online-self-harm-content-30991.html>

Protecting yourself online

Protecting your mental health whilst online -

<https://www.themix.org.uk/mental-health/looking-after-yourself/protect-mental-health-online-23016.html>

How to stay safe online - <https://www.themix.org.uk/crime-and-safety/personal-safety/how-to-stay-safe-online-29437.html>



Online dating - <https://www.themix.org.uk/sex-and-relationships/single-life-and-dating/online-dating-safely-15399.html>

Social networking and the law - <https://www.themix.org.uk/crime-and-safety/in-trouble/social-networking-and-the-law-9319.html>

Sexting - <https://www.themix.org.uk/sex-and-relationships/sexting-sex-and-relationships/is-sexting-illegal-28371.html>

