Using social media

Information on social media and guides for protecting yourself online

**Impacts of social media**


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](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](https://www.themix.org.uk/mental-health/looking-after-yourself/protect-mental-health-online-23016.html)

