

# Social Media & Mental Health

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# Social Media and Mental Health

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Associate Professor



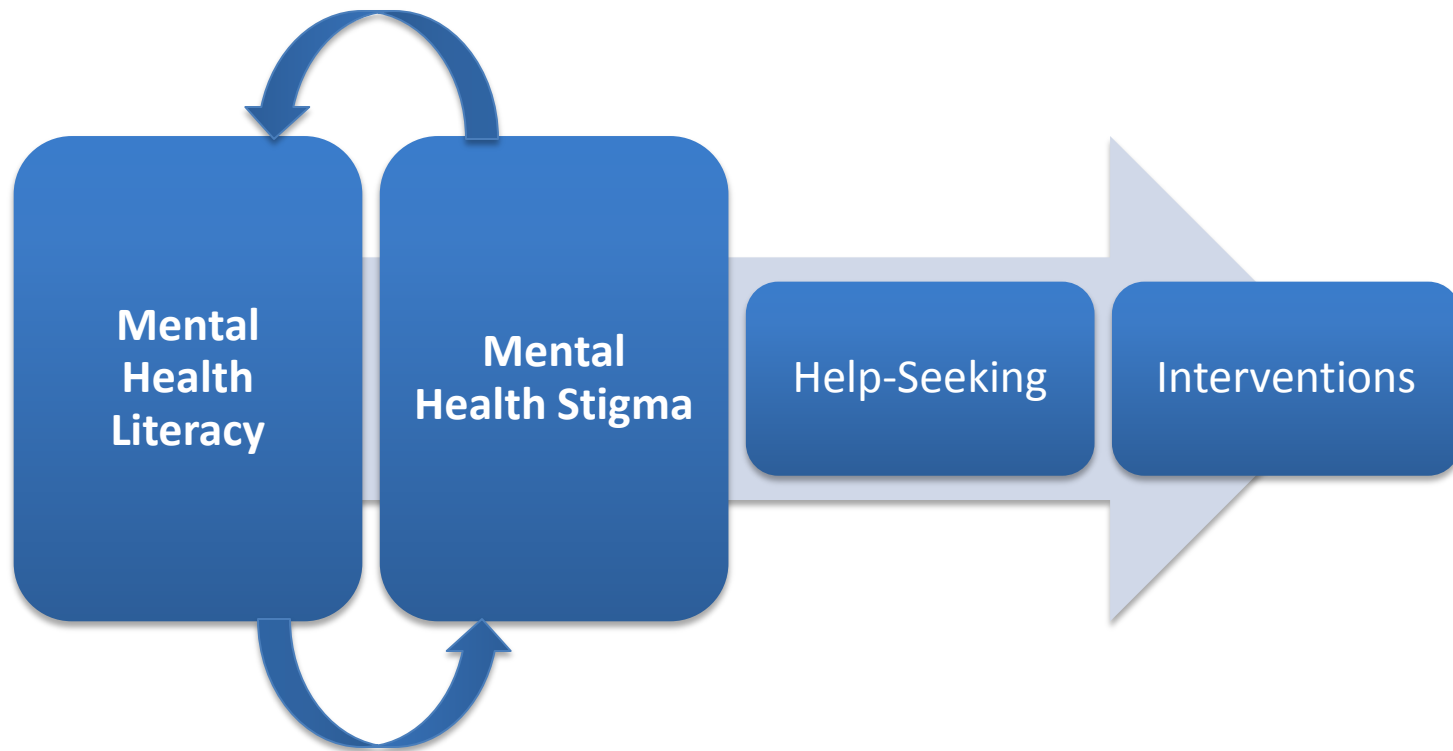
**THE OHIO STATE UNIVERSITY**  

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COLLEGE OF SOCIAL WORK

# Model





Mental  
Health  
Literacy

Mental  
Health  
Stigma

Help-Seeking

Interventions

NEED HELP NOW? **1800-448-3000**

f t y t i e

**REACH OUT.COM** *Get through tough times*

ABOUT US ESPAÑOL Search

**THE FACTS** REAL STORIES GET INVOLVED GET HELP **FORUMS** BLOG

- Anxiety
- Becoming Independent
- Depression
- Drugs and Alcohol
- Eating Issues
- Family Relationships
- Friendships and Peer Relationships
- Health and Well-being
- LGBTQ: Sexuality & Gender Identity
- Loss and Grief
- Mental Illness
- Romance and Sex
- School Pressures
- Self-Harm
- Suicide
- Violence and Sexual Assault

**Persistence against the odds**

Matt dealt with adversity and the addictive behavior it triggered by persistently seeking out support until discovering a method that worked for him. This is his story.

[full story »](#)

**Need Support?**  
*Start talking in the forums*

**Donate**  
*and help others get through tough times*

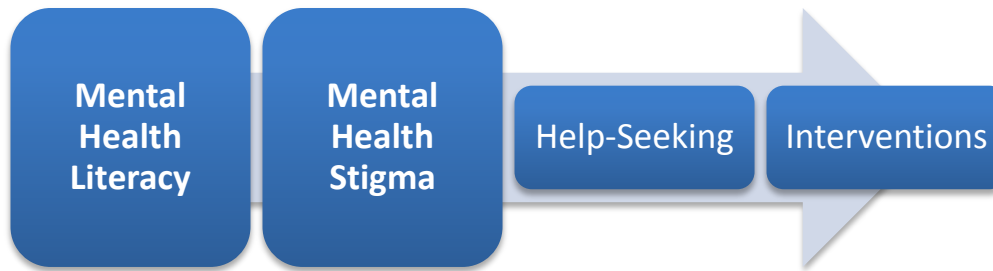
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<https://www.youtube.com/user/youthbeyondblue>



This quiz is based on the K10 checklist and it aims to measure your mental health in the past four weeks.

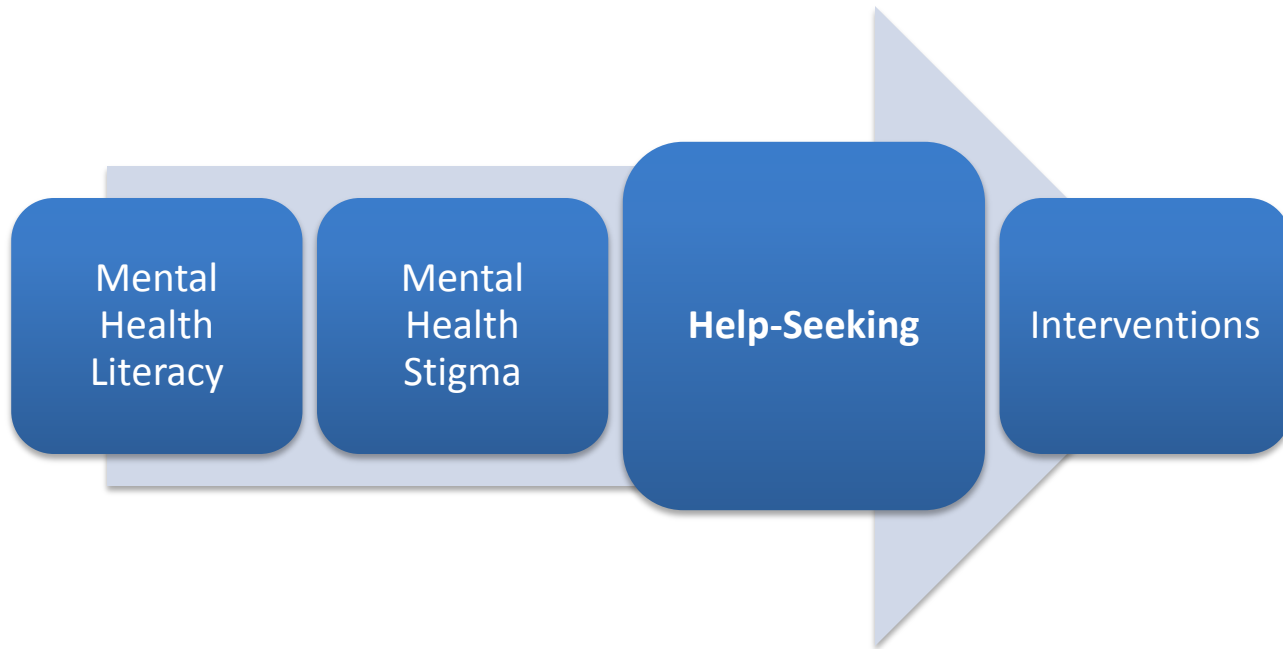
<https://www.youtube.com/watch?v=sD1ivtpxRd4>

<https://www.youtube.com/watch?v=ydqbWcEZXto>

<https://www.youtube.com/watch?v=712972KqUc>

<https://www.youtube.com/watch?v=NDcsIleAeJM>

[www.beyondblue.org.au](http://www.beyondblue.org.au)







<https://www.youtube.com/watch?v=O7vy6zj9wnc>

<http://au.reachout.com/reachout-nextstep>

[www.reachout.com.au](http://www.reachout.com.au)  
[www.reachout.com](http://www.reachout.com)

Mental Health  
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Mental Health  
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**Help-Seeking**

Interventions



[www.crisistextline.org](http://www.crisistextline.org)

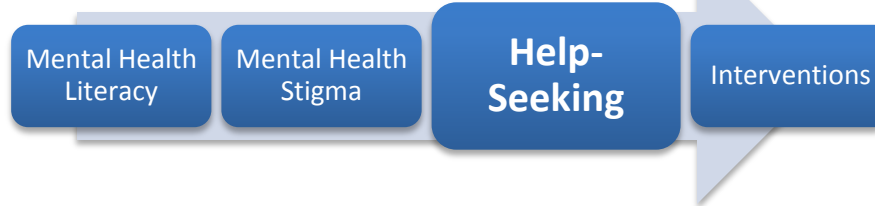
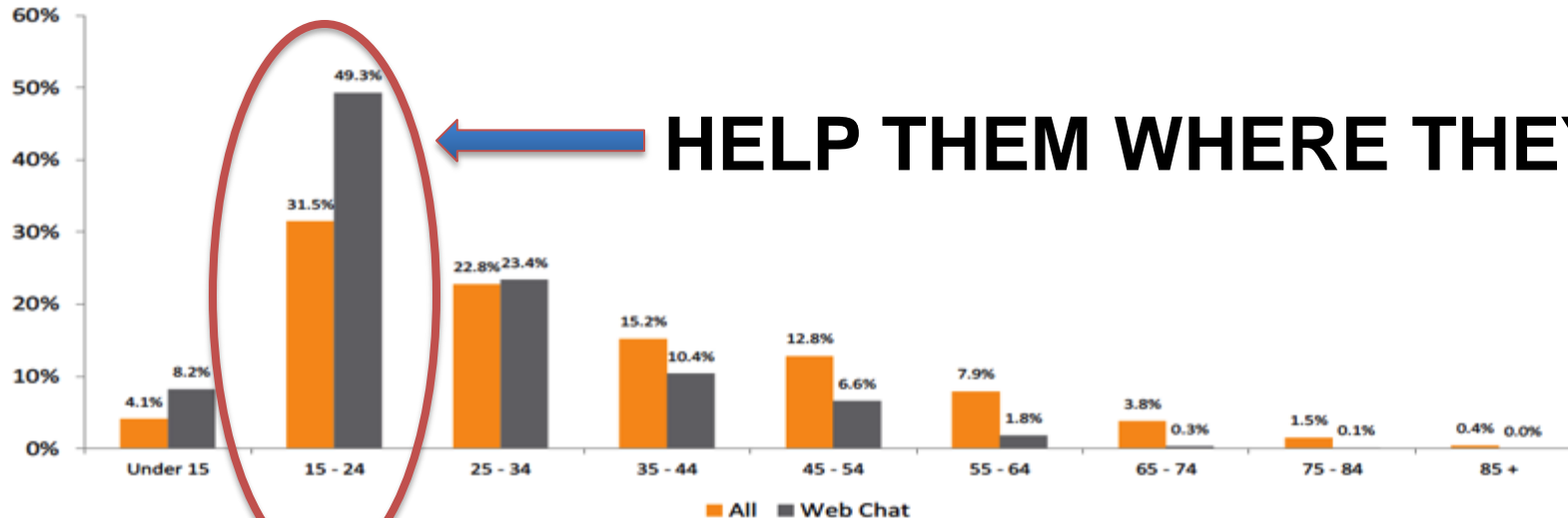
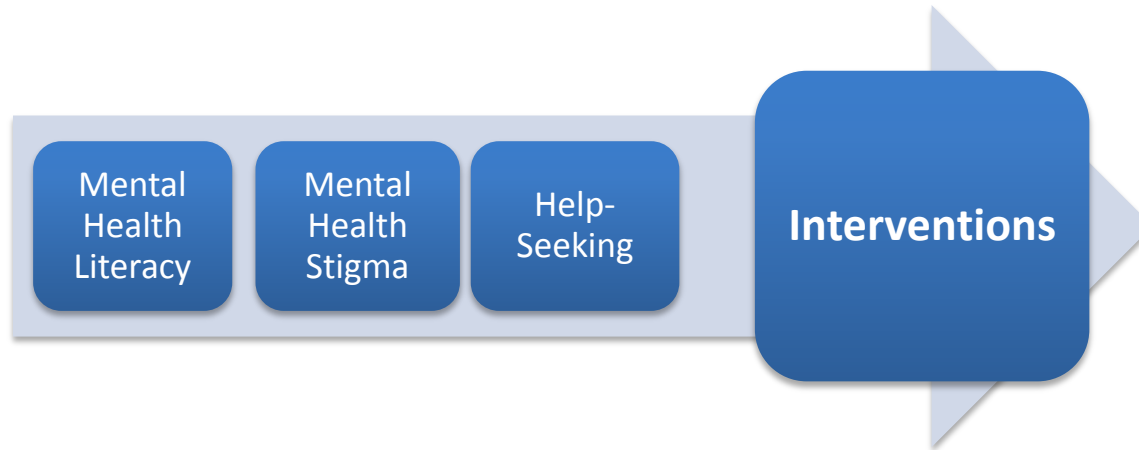


Figure 6: Service channel usage by age (Mar 13 – Mar 14)



**HELP THEM WHERE THEY ARE!**

Source: beyondblue Support Service Operational Data: March 2013 – March 2014



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Info, chat & phone support

About | Professionals | Parents



## Tough Times

Working out the hard stuff

## Wellbeing

Improving your everyday life

## The Toolbox

Best apps for brain and body

## Get Involved

Pitch in to help others

## Forums

Join the conversation

### The Toolbox

The best apps for your body and mind. Define your goals and find apps to help you achieve your goals.

### Take the Quiz

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

### Browse Goals

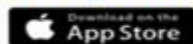
Not sure where to start? Browse goals and add them to your list to access apps.

### SMS Tips

Daily tips and challenges

### Featured

ReachOut  
WorryTime



Download the WorryTime app

Download the Breathe app

Download the Recharge sleep app



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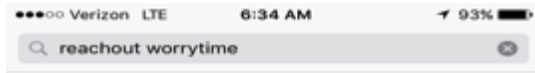
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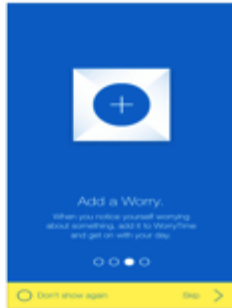
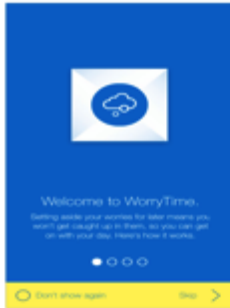
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ReachOut WorryTime  
ReachOut Australia

OPEN

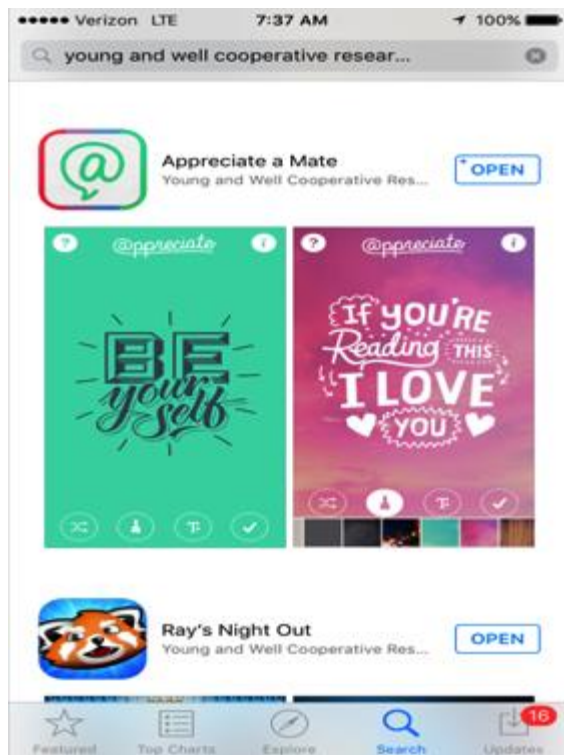


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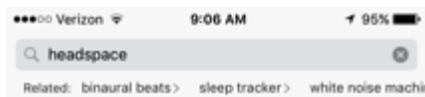


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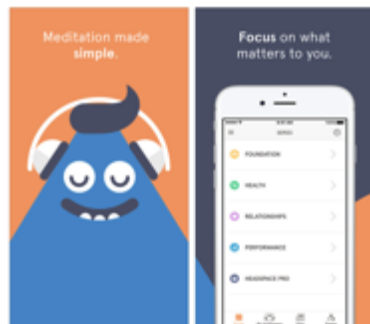
Interventions



Headspace - Guided  
meditation and mindfulne...  
Headspace meditation limited  
★★★★★ (111)

OPEN

Offers Apple Watch App



Mindfulness Daily  
inward inc  
★★★★★ (374)

\$1.99

In-App  
Purchases



WELCOME!

Ready to get started?  
Swipe through to start your tour.



FOUNDATION



HEALTH



RELATIONSHIPS



PERFORMANCE



HEADSPACE PRO



Series

My Headspace

Singles





<http://www.appreciateamate.com/>



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