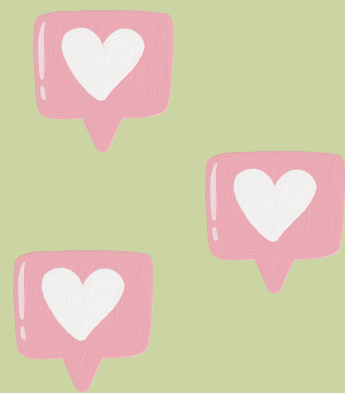
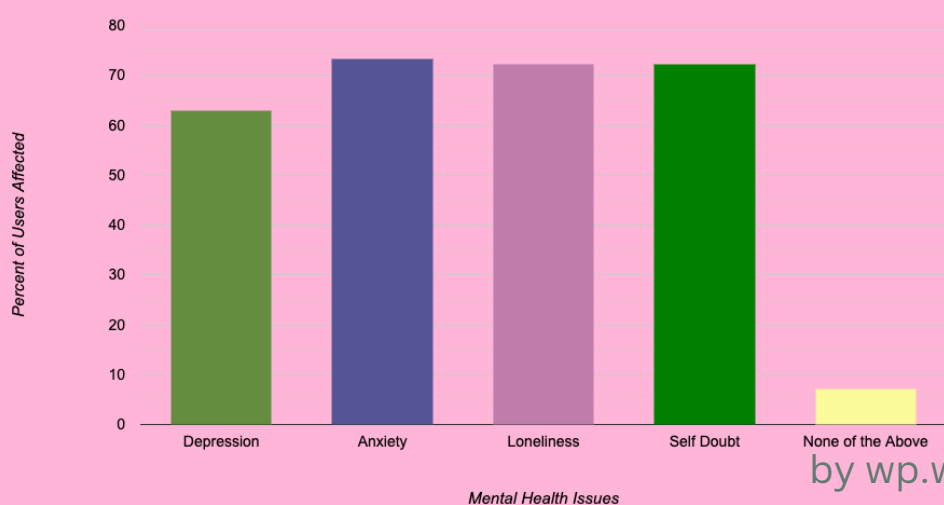


HOW DOES TECHNOLOGY AFFECT YOUR MENTAL HEALTH?



Active Social Media Users on Their Mental Health



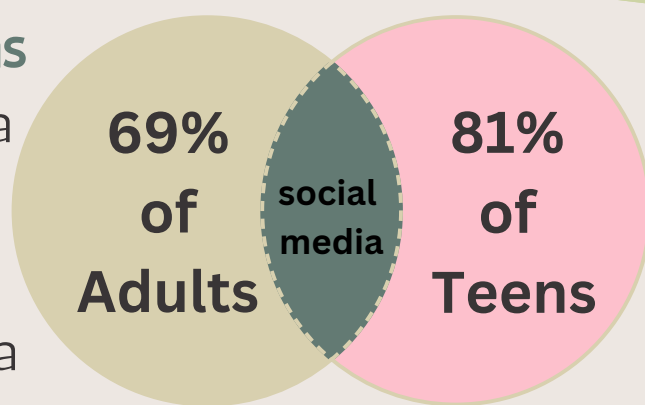
People who have some form of social media

77%

23%

People who don't have social media

"According to the Pew Research Center, **69% of adults and 81% of teens** in the U.S. use social media. This puts a large amount of the population at an increased risk of feeling anxious, depressed, or ill over their social media use."



35

"Snapchat and Tiktok users had more depressive symptoms for people over 35"



35

"Facebook users had more depressive symptoms for people under 35"

Tips!

- **Set Boundaries**
 - Try setting time limits on your social media use.
- **Take Breaks**
 - Try taking frequent short-term or long-term breaks from social media.
- **Don't Compare**
 - Try unfollowing celebrities that uphold unrealistic standards that you would compare yourself to.



Find More Help At

Umaine Counseling Center: (207)-581-1392

Maine Crisis Line: 1-888-568-1112

National Suicide Prevention Hotline: 1-800-273-8255

