

Social Media and your Mental Health

MIND SPACE

young people's
health matters

MAYO



MINDSPACE

How we support young people:

- Offer advice & support.
- Listen without making judgements.
- Help with decision making skills.
- Support (anxiety, stress, mood).
- Supported access to other services.

What we offer someone who supports a young person:

- Advice & guidance on how to support or refer the young person.
- Information & signposting.



Who are Mindspace Mayo?

Brief Summary

Mindspace Mayo is a free and confidential support service for young people's mental health and wellbeing.

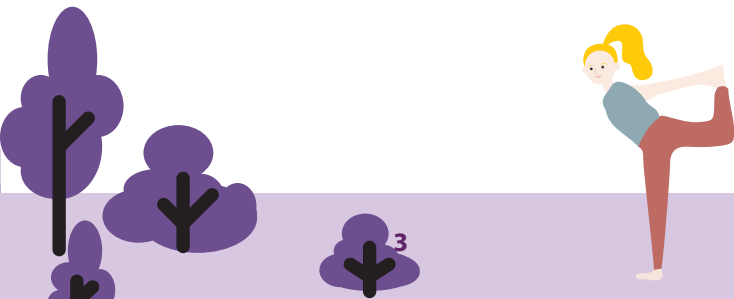
Mindspace's aim is to support young people aged 15-25 who are going through a difficult time to ensure they get the support they need.

Our centre in the Market Square, Castlebar provides a welcoming space for young people to call in, get information or have a chat one-to-one with a support worker.

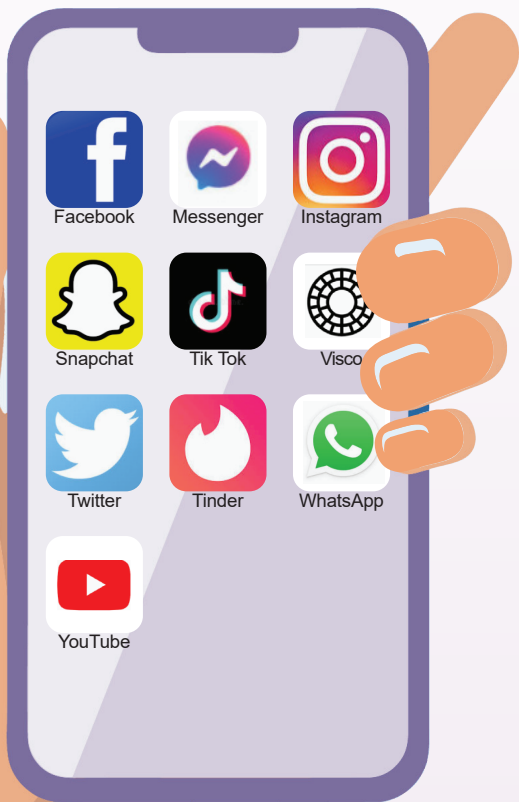
If a young person wants support, our staff are there to listen, without making judgements, and to provide supportive guidance.

Mindspace also has two outreach locations in Erris and Ballina. The aim of the outreach programme is to provide essential support for young people in their own locality, in a setting that feels safe and comfortable for the young person.

Getting support can help you to keep on track at school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



Types of Social Media



Ways to Stay Safe on Social Media

• Privacy Settings

Location - e.g. snapchat, facebook and instagram - Be aware of who is following you, especially when you share your location.

• Friends

Don't accept friend requests or follow requests from people you do not know. Do you want this person to see your posts or photos

• Personal Information

Be aware of what people can know about you from your username - e.g first and surname and year or where you live. Make sure to be aware of terms and conditions you are signing up for. Be cautious of what permissions you give to apps that you have downloaded on your phone.

• Fake accounts

Sometime people may set up fake profiles in order to get your attention - always be mindful that these accounts could be other people using photos that are not their own - if you have been added to a group chat / sent a direct message from people you do not know, make a decision to ignore the messages. Don't reply to direct messages from strangers, you will have an idea by looking at their account/ followers. Educate yourself - read up on fake accounts and what to look out for. If you know this person or recognize them.

• Be cautious of links you click on or receive

is it from a trusted source?

Never give your banking information or personal information to people online.

Once it's online anyone can see it / save it / screenshot it / send it
- It's there forever.

If you need advice on cyberbullying check out our Bullying Survival Guide:
www.mindspacemayo.ie



Pros and Cons of all Social Media

Pros

- Connect with friends & family

- Good New Stories

- Information

- Help with isolation (LGBT, rural areas, lockdown)

- Solidarity (BLM, Exploitation, Me too)

- Inspiration

- Education

- Humour (memes)

- Dancing

- Exercise

- Express ideas, skills - promotion

- Small businesses

- Social Skills

- Networking - makes the world smaller

- Opportunities - online events

- Meetings



Cons

- Fake News

- Loss of sleep

- Addiction

- Comparison

- Cyber bullying / harrassment

- Use of images without consent / unsolicited images

- Distraction

- Procrastination

- Lower confidence and self-esteem, self-worth

- Not reality
- false reality

- Easily influenced / sponsored content / marketing without reviews

- Affect social skills negatively also
- afraid to turn on mic / camera

- Photoshop images

- Affect mood

- Competition

- Most likes / followers

- No Consequences for what is said or done on social media

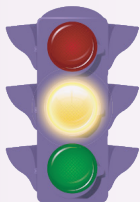
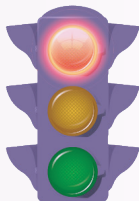
- Accountability

Three things to remind you of



STOP

take a minute to review
what you are posting /
sharing with others



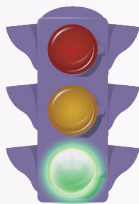
THINK

are you happy with
everyone seeing this
photo - is it going to
affect people
negatively



POST

if you feel comfortable
doing so, post it!



Mental Health Apps



Booster Buddy

Booster Buddy was created in collaboration with teens and young adults with lived experience.

Features include:

- Mood check-ins
- Crisis planning
- Writing coping statements
- Self-care routines



Forest app

Forest app is the best cure for procrastination, helping you stay away from your smartphone.

Features include:

- Helps beat phone addiction and overcome distraction
- Encourages you to stay focused and track your focused moments
- Turns your focused moments into a forest



ReachOut WorryTime

Reachout aims to interrupt repetitive thinking by setting aside your worries until later.

Features include:

- When a worry comes up, add it to WorryTime and get on with your day
- Use your WorryTime to review the worries you've added and ditch the ones that no longer matter to you



My Life Meditation: Stop Breath Think

MyLife is a meditation and mindfulness app that helps you find your quiet place.

Features include:

- Daily emotional check-in
- Personalised recommendations



1 Giant Mind

1 giant mind is a free meditation app suitable for beginners.

Features include:

- Learn to meditate in 12 easy steps
- Make meditation a daily habit with the 30 day challenge



Smiling Mind

Smiling Mind brings balance through the practice of daily meditation and mindfulness.

Features include:

- Dedicated programmes from youth
- Evidence based- Mindfulness is proven to lead to better attention, memory, regulation of emotions and self-awareness



SAM app

Self-Help for Anxiety Management (SAM) targets individuals experiencing symptoms of anxiety.

Features include:

- Activities involving reflection and action
- Information on anxiety, relaxation and taking small steps



Daylio

Daylio is a mood tracker app which focuses on a simple approach.

Features include:

- 5 basic moods with emojis to illustrate
- Measures your mood is to see what influences your life the most
- Visualization functions that allow you to see the trends in your mood.



Mindshift CBT

Mindshift CBT helps users be mindful and develop more effective ways of thinking.

Features include:

- Scientifically proven, strategies based on Cognitive Behavioural Therapy (CBT)
- Tools to tackle worry, panic, perfectionism, social anxiety, phobias

Credit: Jigsaw Youth Mental Health

Mindspace Youth Panel's Go-to Apps

Health Tracker Apps like pedometers



Healthy Living



Nike Run



Strava



Forest - Studying



HEADSPACE

Headspace



Calm

Screen Time Apps



Spotify - podcast,
meditation etc



YouTube

Specific helplines -

Webwise - offers information, advice addressing a range of internet safety issues and concerns.

Mindspace Mayo is NOT a 24 hour emergency or crisis intervention service

Our phone, text and email services are NOT checked outside of office hours

If you need help outside of office hours please see below a list of support services:

<u>24 hour services</u>	<u>Phone</u>
Emergency Services.....	999 or 112
Samaritans.....	116 123
listening service for anyone going through a difficult time, or who may need any form of emotional support	
Crisis Text Line.....	Text HELLO to 50808
A confidential phone line for children and young people under 18 years of age	
Pieta House.....	1800 247 247
Suicide prevention helpline for anyone in a suicidal crisis or who has been bereaved by suicide	
Webwise.....	www.webwise.ie
Webwise offer free information, advice and resources to help parents, teachers and students address internet safety issues	



twitter.com/mindspacemayo



@mindspacemayo



Linkedin.com/company/mindspacemayo

MINDSPACE
young people's health matters **MAYO**

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