

BRAIN BREAK BULLETIN

Mental health tips from PSD counseling staff.

Topic: Social Media

Set healthy boundaries and expectations with social media.

Don't immediately believe everything you see or read. Not every account is a credible source.



Pay attention to how content is making you feel - if something makes you feel bad, unfollow or mute that account.

qrco.de/psdmentalhealth



Scan for more mental health resources

Don't engage in or read comments - it will be better for your mental health, and you won't miss much.



Ask.

Listen.

Connect.

NEED SOME SUPPORT?

Colorado
Crisis Services
coloradocrisiservices.org
1-844-493-8255
Text "TALK" to 38255

988 Suicide & Crisis Lifeline
Call or text 988, 988lifeline.org

Safe2Tell
1-877-542-7233
safe2tell.org



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Escanear para leer esto en español.



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