

ENGAGING WITH SELF-HARM/SUICIDE CONTENT ONLINE

Consider:

- ★ Blocking/muting/unfollowing/reporting
- ★ Conscious liking/commenting
 - ★ Clearing history
- ★ Offline/soft content* distractions
- ★ Offline support networks

Seeking Online Support:

www.samaritans.org
www.thecalmzone.net
www.papyrus-uk.org

*soft content = TV shows/YouTube videos/music etc. that you find entertaining and/or comforting

ENGAGING WITH DISORDERED EATING CONTENT ONLINE

Consider:

- ★ Blocking/muting/unfollowing/
reporting
- ★ Conscious liking/commenting
- ★ Clearing history
- ★ Offline/soft content distractions
- ★ Offline support networks

Seeking Online Support:

www.beateatingdisorders.org.uk
www.talk-ed.org.uk

'DOOM-SCROLLING'

Consider:

- ★ Taking a break
- ★ Turning off phone
- ★ Snoozing apps
- ★ Changing apps
- ★ Limiting screen time
- ★ Offline distractions

Seeking Online Support:

www.mind.org.uk
www.anxietyuk.org.uk
www.sane.org.uk
www.childline.org.uk

ENGAGING WITH GENERAL MENTAL HEALTH RELATED CONTENT

Consider:

- ★ Seeking out positive content
- ★ Taking a break
- ★ Limiting screen time
- ★ Blocking/muting/unfollowing/
not engaging with harmful
content & users

Seeking Online Support:

www.mind.org.uk
www.sane.org.uk
www.childline.org.uk
www.rethink.org

OVERWHELMED BY MENTAL HEALTH RELATED CONTENT

Consider:

- ★ Blocking/muting/unfollowing
- ★ Not engaging (liking/commenting/sharing)
- ★ Offline/soft content distractions

Seeking Online Support:

www.mind.org.uk
www.sane.org.uk
www.childline.org.uk
www.rethink.org

ENCOUNTERING STIGMATISING MENTAL HEALTH RELATED CONTENT

Consider:

- ★ Blocking/muting/unfollowing/
reporting
- ★ Not engaging (liking/commenting/
sharing)
- ★ Offline/soft content distractions

Seeking Online Support:

www.mind.org.uk
www.sane.org.uk
www.childline.org.uk
www.rethink.org