

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