

# 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](http://www.mind.org.uk)  
[www.sane.org.uk](http://www.sane.org.uk)  
[www.childline.org.uk](http://www.childline.org.uk)  
[www.rethink.org](http://www.rethink.org)