

# Microsite: The Impact of Social Media on Mental Health

10th October 2022

Social media and online connections have been a blessing during the pandemic, enabling families and friends to stay in touch. However, social media can have the opposite effect on mental health, leaving many people feeling isolated and alone.

For World Mental Health Day, discover our new microsite for a wellbeing boost and explore the impact social media has on mental health.



[Harmful Online Content: Finding alternatives](#)

(Article)

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Use Technology Wisely – Create Social

Connections (Video)



Social Media: The Good, the bad, and the

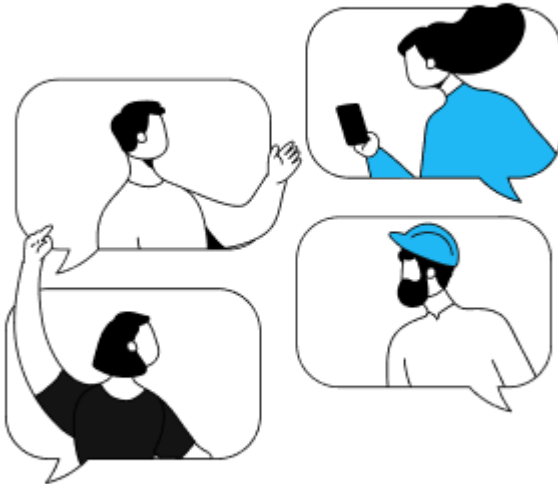
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[balance \(Infographic\)](#)



[The Value of Online Communities for Mental](#)

[Health Support \(Article\)](#)

## Additional support

Caring consultants are always available to help you take care of yourself and your family. Visit your EAP website to get the support you need.

[LifeWorks Platform](#)

[Workhealthlife.com](#)

[MySSP App](#)

Support your team with training! [Explore our Mental Health Programmes for employees and managers.](#)

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## Support your relatives & share the microsite

Share this new microsite with your colleagues and loved ones using the resources below.

- Click on the Facebook, LinkedIn and Twitter logos at the bottom of each part of the microsite to share them with your network.
- Download the poster
- Button for intranet use (shown below)—To download the button, right-click on the image below and select "Save image as..." from the pop-up menu. When adding the button to your site, simply program the microsite URL

<https://wellbeing.lifeworks.com/uk/newsletter-content/microsite-the-impact-of-social-media-on-mental-health/> as the button click-through destination.



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