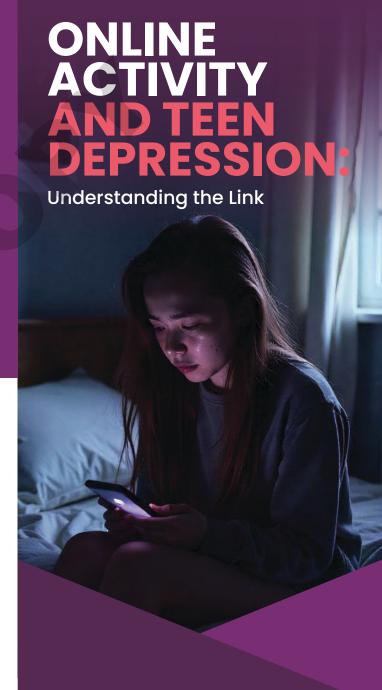
HOW CAN YOU HELP?

- Educate yourself: Understand the signs of depression.
- Communicate: Create a non-judgmental space for your teen to share their feelings.
- Monitor without invading: Be aware of online activities while respecting their privacy.
- Encourage balance: Promote a healthy mix of online and offline activities.
- Model healthy habits: Demonstrate balanced technology use in your own life.
- Get professional help: Connect them with counseling services when needed.
- Promote physical activity: Encourage regular exercise and outdoor activities.
- Be patient and supportive: Recognize that overcoming depression takes time and effort.

Adolescents who use social media for more than three hours each day face twice the risk of having negative mental health outcomes.

Online depression: A real problem with real solutions.

HELP THEM SEE
BEYOND THE SCREEN.



©2024 Prevention & Treatment Resource Press www.PTRPress.com • 877-329-0570 • product #PB-PH71 This pamphlet may not be copied.

What is the Connection?

The curated nature of online content often presents an unrealistic view of others' lives, leading to harmful comparisons and a distorted sense of reality.

Cyberbullying, online harassment, and the pressure to maintain a perfect digital persona can increase feelings of worthlessness and hopelessness.

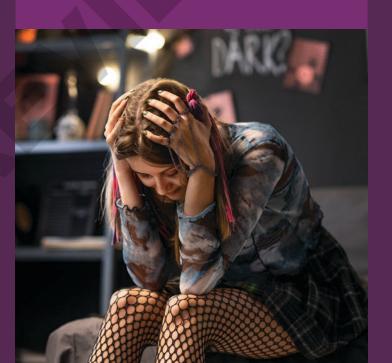
Excessive online time can disrupt sleep patterns, reduce physical activity, and limit face-to-face interactions, all of which are crucial for maintaining good mental health.

Likes, comments, and notifications can create a cycle of seeking validation online, potentially deepening depressive symptoms when that validation is not received.

What are the Symptoms?

Depression can be a complex mental health condition with a variety of symptoms. Be on the lookout for the following:

- Social isolation: Virtual relationships may not fulfill social needs.
- 2. Social comparison: Feeling inadequate when comparing themselves to others.
- **3. Cyberbullying:** Experiencing online harassment or negativity.





- **4. Excessive online time:** Spending an excessive amount of time on social media.
- **5.** Negative body image: Increased concerns about appearance.
- 6. Sleep disturbances: Irregular sleep patterns due to late-night scrolling on devices.
- 7. Mood swings: Experiencing heightened irritability or sadness after engaging with negative online content.
- 8. Decreased real-life engagement:
 Withdrawing from in-person
 activities and hobbies in favor of
 online interactions.
- **9. Online escape:** Using the internet as a way to avoid dealing with difficult emotions or problems.