

# 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.**

# ONLINE ACTIVITY AND TEEN DEPRESSION:

Understanding the Link



# 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:

1. **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.