

MENTAL WELLNESS ONLINE

Are you taking
the steps to
maintain your
digital wellness?

Keep your
profiles private;
do not accept
requests from
strangers

Remember everyone
puts their best foot
forward on social media.
Resist the lie that
everyone "has it all
together"

Block bullies
and trolls

Utilize reporting
features for
posts that are
scary, graphic, or
threatening

Don't post
photos, videos,
or statuses that
could get you in
trouble



AMERICAN MENTAL
WELLNESS ASSOCIATION