



Palm Beach County
 Youth Services Department
 Residential Treatment & Family Counseling Division
 Education and Training Center
 PRESENTS



Lunch & Learn

Impact of Social Media on Mental Health

Presenter: Michelle Sidhom, M.A.



REGISTRATION LINK:

[HTTPS://
WWW.SURVEYMONKEY.COM/R/
Q7SJRYB](https://www.surveymonkey.com/r/Q7SJRYB)

If you have trouble accessing the survey, please copy the link and paste it directly into your browser

Date & Location

THURSDAY,

NOVEMBER 14, 2024

12:00 pm—1:00 pm

ZOOM REMOTE VIDEO CONFERENCE

Once registration is confirmed, link to access the training will be provided

For more information on the Youth Services Department, Scan the QR code below



Description

Social media plays a central and dynamic role in shaping individuals' experiences, interactions, identities, and mental health, with both positive and negative impacts. This presentation will explore current social media trends and their influence on mental well-being including, anxiety and depression. The presentation will examine how social media can amplify certain symptoms and review recent research linking social media use to various mental health outcomes. Additionally, the presentation will highlight the potential benefits of social media, such as building social connections and accessing support networks. This presentation will include effective coping strategies, practical recommendations, and interventions that clinicians can implement with youth and their families. Ultimately, the presentation will emphasize the importance of mindful social media use to foster and enhance mental well-being.

There is no cost associated with this program.