

# Social Media and Mental Health: Guidance for Parents in Helping Young People to Avoid Pitfalls and Find Balance

Thursday, March 7, 2024 • 7:00pm



## Webinar Moderator:

**Christopher Lynch, PhD**

Director of Pediatric Behavioral Medicine

Goryeb Children's Hospital

Atlantic Health System - Children's Health

## Christopher Lynch, PhD

Dr. Lynch is a clinical psychologist and the director of the Pediatric Behavioral Medicine department of Goryeb Children's Hospital and Atlantic Health System - Children's Health. Through this department, Dr. Lynch oversees programs designed to build resiliency, enhance health outcomes, and improve the quality of life for children with health needs. In addition, he serves as a resource for the pediatric community at large and is involved in physician and resident training on mental health topics. Dr. Lynch also has an interest in anxiety management for children on the autism spectrum and has written two books on this topic. He promotes behavioral health in the community by providing talks and seminars to a wide range of audiences and also pens a blog for *Psychology Today*.

## What you will learn:

Young people often spend hours per day on social media and with other forms of electronic entertainment. Excessive use of these activities can lead to a range of negative impacts on mental health, including depression, anxiety, and poor body image. In this webinar, Dr. Lynch will highlight these dangers and provide parents with guidance on how to help young people navigate social media without sacrificing their mental well-being.

Registration: [https://atlanticealth.zoom.us/webinar/register/WN\\_hjwH-blrXQouMsHWd7dxVDg](https://atlanticealth.zoom.us/webinar/register/WN_hjwH-blrXQouMsHWd7dxVDg)



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