MHA MENTAL HEALTH ASSOCIATION INSPIRING HOPE AND HEALING
SUPPORTING MORRIS & SUSSEX COUNTIES

NJ4S NJ STATEWIDE STUDENT SUPPORT SERVICES www.MHAinspire.org

NJ4S **PARENT ACADEMY** SERIES PRESENTATION

VIRTUAL SUICIDE & SOCIAL MEDIA PRESENTATION

JOIN US FOR A FREE WEBINAR

DIGITAL RISK FACTORS:

HOW SOCIAL MEDIA AFFECTS YOUTH MENTAL HEALTH & SUICIDE RISK

WEDNESDAY
January 21, 2026

6:30-8:00pm

Zoom Presentation

Social media is an important part of young people's lives. It can help them feel connected, supported, and creative, but it can also expose them to harmful content and amplify social pressures.

This webinar will present:

- how social media use can influence suicide risk in teens, including cyberbullying, online comparisons, and exposure to self-harm or suicide-related content.
- the role of AI in shaping how youth talk about their feelings, seek help, or, at times, encounter harmful advice online.
- research about what is risky, protective, and the difference between "cause" and "connection."

Walk away with tools to talk with youth about their online lives, recognize warning signs, and create healthy digital boundaries that support both safety and connection.

PRESENTER

Jonathan Singer Ph.D., LCSW

An internationally recognized expert in youth suicide and social work technology, Jonathan Singer Ph.D., LCSW is Professor of Social Work at Loyola University Chicago and coauthor of two editions of the best-selling text *Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention.*

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