School Mental Health Resource & Training Center

Social Media Resources for Families and Caregivers

April 2023

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

Resources to Learn More

Social Media and Youth Mental Health | Mental Health America (mhanational.org)	
Common Sense Media A website tool that can be used by families and educators to preview content. Check out their helpful Tips on Privacy & Distance Learning for Parents.	
Center for Humane Technology Provides resources for Parents and Educators and a Youth Toolkit.	
Social Media Impacts Youth Mental Health: Surprised? Read our article to learn more about what the research is saying and find all the archived editions of our Healthy Young Minds Publication	
Family Education Webinar series Our webinars and panel discussions addressing various topics impacting youth mental health.	

Visit our website mentalhealthEDnys.org to explore more helpful resources, webinars, and guides. Join our Newsletter and receive updates to your inbox. Need additional support? Contact us directly at schools@mhanys.org or call **518 - 434 -0439**.

Helping Teens Build Healthy Social Media Habits Tips on different things parents, caregivers and Youth Mental Health First Aiders can do to assist teens with good social media habits.	
4 Social Media Tips for Kids Parents need to know Four tips for parents to help them navigate social media.	
Parents' guide to social media | TODAY Learn Social media apps and a parent's guide to these different applications.	

Teens and social media use: What's the impact? - Mayo Clinic	Social Media and Teen Anxiety | Harvard Graduate School of Education	Social media and teen mental health: 10 things to know : NPR
Teens, Social Media and Technology 2022 | Pew Research Center	Why young brains are especially vulnerable to social media (apa.org)	The Pros and Cons of Social Media for Youth | Psychology Today

Crisis Information

- **National Suicide Prevention Lifeline**: www.suicidepreventionlifeline.org **1-800-273-8255** (TALK) Support is available in English and Spanish 24/7/365 via phone, text or chat.
- **Call 988 -** The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- **SAMHSA's National Helpline : 1-800-662-HELP (4357)/ 1-800-487-4889** Free and confidential information in English & Spanish.