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"
- Utilize reporting features for posts that are scary, graphic, or threatening
- Block bullies and trolls
- Don't post photos, videos, or statuses that could get you in trouble