What are the benefits of online communities?

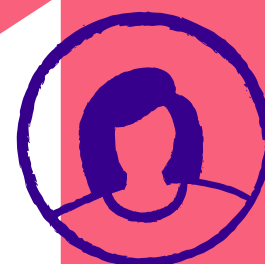MENTAL HEALTH FOUNDATION

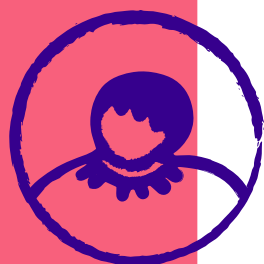Being open-minded and discovering different views
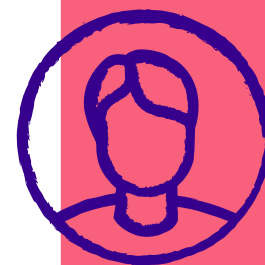
Finding likeminded people can help you feel better

Reliable and always there for you with 24/7 access

A safe space to be vulnerable

A sense of belonging and acceptance

Easier to find people with a shared interest

Connecting to people you wouldn't otherwise meet

Created with MHF Young Leaders
Find out more at mentalhealth.org.uk/online-community-tips