🔍 TOP TIPS

Our suggestions on safely using online communities for your mental health

MENTAL HEALTH FOUNDATION

1 PROTECT YOUR PRIVACY
Avoid sharing your personal details with others online, and check your privacy settings e.g. who can view your posts.

2 SET BOUNDARIES
Be mindful of how the community is making you feel. Trust your instincts and remember you can take a step back or leave a community that isn't benefiting you.
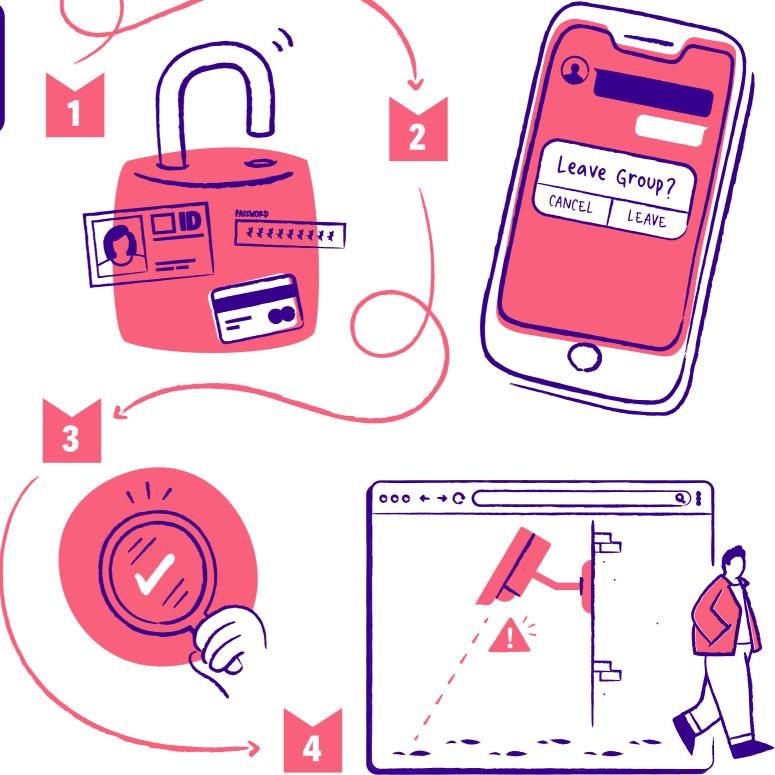
3 FACT-CHECK
Don't take information online at face value. Fact-check information and advice through trusted sources or talk it over with a trusted adult.

4 BE AWARE OF YOUR DIGITAL FOOTPRINT
When you're sharing in online communities, remember that it's hard to erase this later on. So be careful about what you share, and consider the future impact.

Leave Group?
CANCEL   LEAVE

Created with MHF Young Leaders

Find out more at mentalhealth.org.uk/online-community-tips