

Social Media & Youth Mental Health: Helpful Resources

Helplines

- Suicide Prevention Lifeline: [988 Lifeline](#)
- Suicide Prevention Lifeline for LGBTQ+ Youth: [Get Help](#)
- Report Child Sexual Exploitation: [CyberTipline Report](#)
- Report Images Published Without Your Consent: [Take It Down](#)
- Free Crisis Counseling: Text **HOME** to **741741**
- Free Treatment Referral & Information Services: Call **1-800-662-HELP (4357)**

Information for Parents & Caregivers

Helpful Websites

- Education on Using Social Media Responsibly: [Center of Excellence on Social Media and Youth Mental Health](#)
- Trustworthy Reviews and Age Recommendations for Popular Films: [Common Sense Media: Age-Based Media Reviews for Families](#)

Informational Articles and Videos

- Social Media and Teen Mental Health Guide for Parents & Caregivers: [Family & Youth Services Bureau: Social Media and Teen Mental Health](#)
- The Pros and Cons of Using Social Media: [Social Media: Enjoy the Upsides & Avoid the Downsides | AAP](#)
- Films on the Harms of Screen Use on Teenagers: [Screenagers Movie | Screen In Your Community](#)
- Social Media and Teen Mental Health Guide for Parents & Caregivers: [Family & Youth Services Bureau: Social Media and Teen Mental Health](#)
- Children's National Hospital Rise and Shine articles on Emotional Well Being: [Children's Emotional Well Being | Child Mental Health Advice | Children's National](#)

Screen Time Guidelines

- Healthy Children Guidelines: [Where We Stand: Screen Time](#)
- American Academy of Pediatrics Guidelines: [Screen Time Guidelines](#)
- Common Sense Media Guidelines: [How Much Screen Time Is OK for My Kids?](#)
- Child Mind Institute Media Guidelines: [Media Guidelines for Kids of All Ages](#)

Minority Groups

- Resources on the Mental Health of Youth of Color: [Resources](#)
- How to Support Immigrant Youth Mental Health: [Resource Library: Mental Health - Informed Immigrant](#)
- Learn about LGBTQ+ Youth Mental Health: [Resource Center - The Trevor Project](#)

What Should You Do Next?

- Create a Plan for Your Family's Media Use: [Family Media Plan](#)
- Start a Discussion with Your Child: [Family & Youth Services Bureau: Teen and Parent Discussion Guide](#)
- Enroll in Health Insurance: [Welcome to the Health Insurance Marketplace®](#)

Information for Kids

Social Media Information

- Educational Programming About Responsible Media Use: [FBI Safe Online Surfing \(SOS\) Program | Federal Bureau of Investigation](#)
- Crash Course on Managing Social Media: [Social Media: Crash Course Navigating Digital Information #10](#)
- Tips for Dealing with Cyberbullying: [Report Cyberbullying](#)
- Tips for Teens on Managing Social Media Content: [Managing Content on Social Media Feeds](#)
- Tips for Teens on Keeping Up with Current Events: [Current Events and Social Media](#)

General Mental Health Information

- Tools for Children to Cope with Challenges: [J The National Academies Press](#)
- Tools for Youth and Teens to Cope with Challenges: [J The National Academies Press](#)
- When to Seek Help and Other Resources: [Kids, Teens and Young Adults](#)
- Find Mental Health Treatment: [FindTreatment.gov](#)
- Resources for LGBTQ+ Youth: [Resource Center - The Trevor Project](#)

Information for Clinicians

- How to Discuss Social Media Use with Families in a Clinical Setting: [How to Use the 5 Cs of Media Use: Tips for Pediatric Clinicians](#)

Disclaimer: Resources listed here were mentioned in the [webinar](#) or relate to topics discussed. Please contact your primary care or behavioral health provider for individual mental health care information.