

ATTACHMENT 1.13

Benefits and Risks Associated with Apps/Social Media and Mental Health	
Benefits	Risks
Community and connectedness are protective factors	Access to content promoting suicide and self-injurious behavior
Anonymity can foster help-seeking behavior	Decreased self-esteem
Online communities can be sources of support	Cyberbullying
Ability to access far-reaching resources and support systems	Body image focus
Mood/behavior monitoring apps can help manage mental health conditions	Longevity of posts and adverse consequences
Crisis aversion (flagging tools used by many applications)	Contagion risk
Stories of recovery and perseverance	Proliferation of non-evidence-based apps/sites
Can boost civic engagement and awareness of social issues	Access to sexually explicit content & messaging
	Sleep interference