

# Resources:

## Social Media and Mental Health

Presentation by Cori Jaye Elston @corijaye  
[www.corijaye.com](http://www.corijaye.com)

### Online Resources:

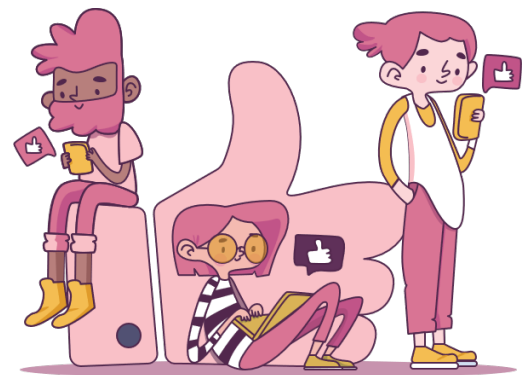
The Centre for Addiction and Mental Health (Canada's largest mental health teaching hospital)  
[www.camh.ca](http://www.camh.ca)

Online Mental Health Guide (Excellent article about smartphone addiction with helpful tools)  
[www.helpguide.org/articles/addictions/smartphone-addiction.htm](http://www.helpguide.org/articles/addictions/smartphone-addiction.htm)

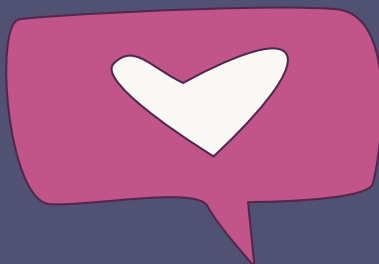
Mental Health America (This site has lots of tools and resources)  
[www.mhanational.org/risky-business-internet-addiction](http://www.mhanational.org/risky-business-internet-addiction)

### Ted Talks:

1. Is Social Media Hurting Your Mental Health? By Bailey Parnell  
[https://youtu.be/Czg\\_9C7gw0o](https://youtu.be/Czg_9C7gw0o)
2. What You Are Missing While Being a Digital Zombie. By Patrik Wincent  
<https://youtu.be/TAIxb42FjwE>
3. How Social Media Makes Us Unsocial. By Allison Graham  
<https://youtu.be/d5GecYjy9-Q>
4. Addicted To Likes. By Poppy Jamie  
[https://youtu.be/kCA\\_g2i1ZG8](https://youtu.be/kCA_g2i1ZG8)
5. Social Media Addiction. Leslie Couterand  
<https://youtu.be/JH5bC-SLvb4>



If you are experiencing a mental health crisis, please contact:



KLINIC Crisis Line: 204-786-8686  
Manitoba Suicide Line: 1-877-435-7170  
Crisis Stabilization Unit: 204-940-3633  
Mobile Crisis Service: 204-940-1781  
Youth Mobile Crisis Team: 204-949-4777  
Seneca House: 204-942-9276 (7:00 P.M. - 11:00 P.M.)  
Kids Help Phone: 1-800-668-6868  
MB Farm & Rural Support Services: 1-866-367-3276