

# IF YOU ENJOYED STUDYING MENTAL

## HEALTH, WHY DON'T YOU

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**Watch this:** *Disclosure: Should I delete Instagram?*

Explore the impact of social media on young people's mental health. <https://www.bbc.co.uk/iplayer/episode/p0bp6xrb/disclosure-should-i-delete-instagram>



**Read this:** *Young people's experiences and tips*

Short blogs addressing key topics to support your mental health and wellbeing. <https://www.youngminds.org.uk/young-person/blog/>



**Log onto this:**

*Off the Record Online Workshops*

<https://www.talkofftherecord.org/sign-up/online-workshops/> Free weekly workshops offering tips and information about issues you may be struggling with.

Free online  
workshops

**Do this:** *Keep a Gratitude, Mental Health, Wellbeing Journal*

A positive and productive way to practice gratitude and keep track of your mental health and general wellbeing..

