

Tik-Toxic? Mental Health Information in the Age of Influence

Social media, Tik Tok trends, and influencer culture have shaped the way young people learn, engage, communicate, and think. Consequently, the digital world has a significant influence on mental health awareness. Social media has contributed to increased recognition, normalization, and acceptance of mental health supports and services. The online world has enhanced access to supports, enhanced connection, and provides education. However, social media has also created space for harm. While social media has been linked to an increase in anxiety, depression, low self-esteem, and addictive behaviours, the increasing ability to share information about mental health, may also be posing harmful risks. With the dissemination of mental health information via social media there are also increased access to:

- Inaccurate or pseudo-scientific information,
- **Limiting or erroneous portrayals of mental health disorders,**
- The viewing of curated realities,
- **Algorithms limiting exposure to other or differing views,**
- Pathologizing of normative behaviours,
- **Incorrect representations of therapy concepts,**
- Endorsing unhealthy coping skills or unsubstantiated treatments.



**MARCH 19, 2024
9 AM - 4:30 PM**

**\$225 in-person at 228 Hamel Avenue (incl. breakfast, lunch, and snacks)
\$175 on Zoom**

The workshop intends to:

- Outline how social media has been beneficial to mental health services.
- Detail the risks associated with the proliferation of mental health information.
- Increase clinicians' understanding of the thinking errors and psychosocial reasons that can contribute to the risks.
- Provide tools to help increase adolescents (and clinicians' own) critical thinking skills.
- Describe how to use the therapeutic relationship to educate, validate, and support youth mental health.



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