



STUDENT MENTAL HEALTH AWARENESS
DIGITAL WELLBEING • CONNECTION • BALANCE

SOCIAL MEDIA & STUDENT MENTAL HEALTH

BEYOND THE SCREEN: PROTECTING YOUR MENTAL WELLBEING IN A DIGITAL WORLD

How young people can use social media without allowing it to control their mood, confidence, relationships, and daily life.



FEATURED AUTHOR

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Mental Health Awareness Campaign

Social media has become an important part of student life. It helps young people communicate, learn, share experiences, build communities, discover opportunities, and stay connected with friends and family. But when online life becomes overwhelming, it can also affect mental wellbeing.

CONNECT	LEARN	PROTECT
Build friendships, join academic communities, and stay in touch with people who support you.	Use digital platforms to discover educational resources, opportunities, and useful information.	Set boundaries so your online life supports your wellbeing instead of controlling it.

WHEN THE DIGITAL WORLD BECOMES TOO MUCH

Students already face academic pressure, financial challenges, relationship difficulties, uncertainty about the future, and expectations from family and society. Constant exposure to information and other people's lives online can sometimes add another layer of pressure.

Social comparison is one major challenge. People often share selected moments—the achievements, celebrations, travels, relationships, and other positive experiences. Comparing everyday struggles with someone else's carefully selected highlights can create the false impression that everyone else is succeeding while we are falling behind.

“Social media shows moments, not the whole story.”

The Pressure to Keep Up

Students may feel pressure to respond immediately to messages, maintain an online presence, receive likes and comments, or follow the latest trends. Negative reactions or lack of engagement can sometimes affect confidence and mood.

Your worth is not measured by likes, followers, views, comments, or online popularity. Your value exists beyond the screen.

Cyberbullying & Online Harm

Social media can become a space for bullying, harassment, humiliation, exclusion, and harmful comments. Online content can spread quickly and reach a large audience, making harmful experiences especially difficult to manage.

Students experiencing online harassment should not feel they have to handle it alone. Speak with someone you trust, use platform reporting and blocking tools, and seek appropriate support from your institution or another responsible adult.

SOCIAL MEDIA & YOUR MENTAL SPACE

- How do I feel after spending a long time on social media?
- Am I constantly comparing myself with other people?
- Am I checking my phone when I should be studying, sleeping, or resting?
- Do online arguments affect my mood for the rest of the day?
- Am I following accounts that make me feel encouraged—or inadequate?
- Can I put my phone down without feeling anxious about what I might miss?

FIVE WAYS TO BUILD A HEALTHIER DIGITAL LIFE

01	TAKE DIGITAL BREAKS Set aside periods when you step away from social media and focus on studying, resting, exercising, friends, or other activities.
02	CURATE YOUR FEED Unfollow, mute, or limit content that consistently makes you feel distressed, pressured, or inadequate.
03	DON'T COMPARE YOUR JOURNEY Everyone's circumstances and timelines are different. Someone else's achievement does not mean you are failing.
04	PROTECT YOUR SLEEP Don't allow late-night scrolling to interfere with adequate rest. Sleep supports physical and mental wellbeing.
05	CONNECT OFFLINE Spend time with people who make you feel supported, respected, and valued.

When Social Media Starts Affecting Your Wellbeing

If social media use is consistently interfering with your studies, sleep, relationships, mood, or ability to function in daily life, it may be worth discussing your experience with someone you trust.

A counsellor, mental health professional, healthcare provider, student support service, or trusted person can help you understand what you are experiencing and identify healthier ways of coping.

“Your life is bigger than your timeline. Don't measure your worth by what happens on a screen.”

BUILDING A HEALTHIER CAMPUS DIGITAL CULTURE

Mental health awareness is not only an individual responsibility. Colleges and universities can contribute by creating environments where students can talk openly about digital wellbeing, cyberbullying, online harassment, academic pressure, loneliness, and other challenges.

Student organisations can also promote positive online communities by encouraging respectful communication, responsible sharing, empathy, and support rather than humiliation or judgement.

A MESSAGE TO EVERY COLLEGE STUDENT

Use social media as a tool—not as a measure of your worth.

Stay connected, but remember to disconnect when you need to.

Learn from others, but do not compare your entire life with someone else's highlight reel.

Share your experiences, but protect your privacy and wellbeing.

And when the digital world becomes overwhelming, **it's okay to step away.**

- ✓ **Pause** — Take regular breaks from your screen.
- ✓ **Protect** — Keep your personal information and boundaries safe.
- ✓ **Curate** — Choose content that supports your wellbeing.
- ✓ **Connect** — Maintain meaningful relationships beyond social media.
- ✓ **Seek help** — Talk to someone when online experiences begin affecting your mental health.

**YOU ARE MORE THAN YOUR PROFILE.
MORE THAN YOUR FOLLOWERS.
MORE THAN YOUR LIKES.**

Community of Care Initiative (CCI)

Promoting mental health awareness, resilience, healthy communities, and supportive environments for young people.