



THE CYBERSMILE FOUNDATION

PRESS RELEASE

Cybersmile Launch New Mental Health Support Resource

The new resource focuses on various areas of mental health and how our use of the internet and social media affects us. Topics covered include mental health, anxiety, eating disorders, body image, depression and self-harm.

TRIBECA, NEW YORK, MARCH 20, 2018 - The Cybersmile Foundation have launched a vital new mental health resource for its existing Help Center. The new Mental Health section explores some of the issues that can affect our mental health and wellbeing and how they are influenced or affected by the internet and the use of social media.

The new mental health resource also contains access to trusted specialist organizations around the world. Although many people use the internet without any serious problems, some people can be seriously affected by the content that they are exposed to, the websites that they visit and the internet users who they interact with – especially if they are young, vulnerable or have pre-existing conditions that can be affected by exposure to certain types of materials online.

Most of us already know about the dangers of cyberbullying, harassment and online abuse, all of which can cause terrible emotional suffering for the victims – but there are also other aspects of the internet that can affect us psychologically. How we use the internet and what types of content young or vulnerable users are being exposed to, can have negative, and in some cases, devastating effects on their mental health and wellbeing.

“It is now widely accepted that use of the internet and social media can have a profound impact on our emotional wellbeing for many people, using the internet proves to carry very little risk at all - and that is great. For some people, the use of the internet cannot only affect their emotional wellbeing, but can also be a catalyst for serious health problems,” - Iain Alexander, Head of Engagement, The Cybersmile Foundation.

To help people understand more about these risks, Cybersmile’s new resource explores some of the issues that can affect our mental health such as anxiety, depression, body image, self-harm and eating disorders while highlighting the relationship between these issues and our online experiences. Cybersmile looks at how mental health problems can potentially be fueled by unhealthy and inappropriate online content, or toxic relationships with other users or communities that advocate or ‘glorify’ self-harm, eating disorders and suicide.

The new mental health resource also takes a closer look at the types of content that could encourage a vulnerable person to follow bad advice in the guise of peer support, such as pro-ana websites or online communities that promote self-harm and also how young people can be affected by negative body image, which can lead to problems such as eating disorders.

Internet users concerned about mental health and the way it is impacted by social media use can visit the new [Mental Health resource](#). Visit Cybersmile’s [Cyberbullying and Online Abuse Help Center](#) for practical tips and advice or its [Total Access Support](#) section for further information.

ABOUT THE CYBERSMILE FOUNDATION

The Cybersmile Foundation is a multi award winning non-profit organization committed to tackling all forms of digital abuse and bullying online. They work to promote diversity and inclusion by building a safer, more positive digital community and encouraging people to realize their full potential.

Through education and the promotion of positive digital citizenship, The Cybersmile Foundation reduces incidents of cyberbullying and provides professional help along with support services to children and adults.

CONTACT

Iain Alexander

+1 (650) 617-3474

pressoffice@cybersmile.org

<https://www.cybersmile.org>

U.S. WEST

530 Lytton Avenue

2nd Floor

Palo Alto

CA 94301

U.S. EAST

99 Hudson Street

5th Floor

TriBeCa

New York

NY 10013

U.K. &

INTERNATIONAL

3 London Bridge Street

3rd Floor

London

SE1 9SG

The Cybersmile Foundation is an international non profit organization registered as a 501(c)3 not-for-profit organization in the U.S. and as a registered charity in the U.K. (No.1147576)