

# Social Media and Mental Health

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Facebook, WhatsApp, Snapchat and other forms of social media can be great to keep in touch with friends and family. However, research suggests that overusing social media for lengthy periods each day is closely linked to anxiety and depression.

Limit your use of social media to no more than 3 hours each day and turn off at bedtime.



Uffculme School Student Welfare Services  
Looking out for our students