

TOP TIPS

Our suggestions on safely using online communities for your mental health



1

PROTECT YOUR PRIVACY

Avoid sharing your personal details with others online, and check your privacy settings e.g. who can view your posts.



2

SET BOUNDARIES

Be mindful of how the community is making you feel. Trust your instincts and remember you can take a step back or leave a community that isn't benefiting you.



3

FACT-CHECK

Don't take information online at face value. Fact-check information and advice through trusted sources or talk it over with a trusted person.



4

BE AWARE OF YOUR DIGITAL FOOTPRINT

When you're sharing in online communities, remember that it's hard to erase this later on. So be careful about what you share, and consider the future impact.

