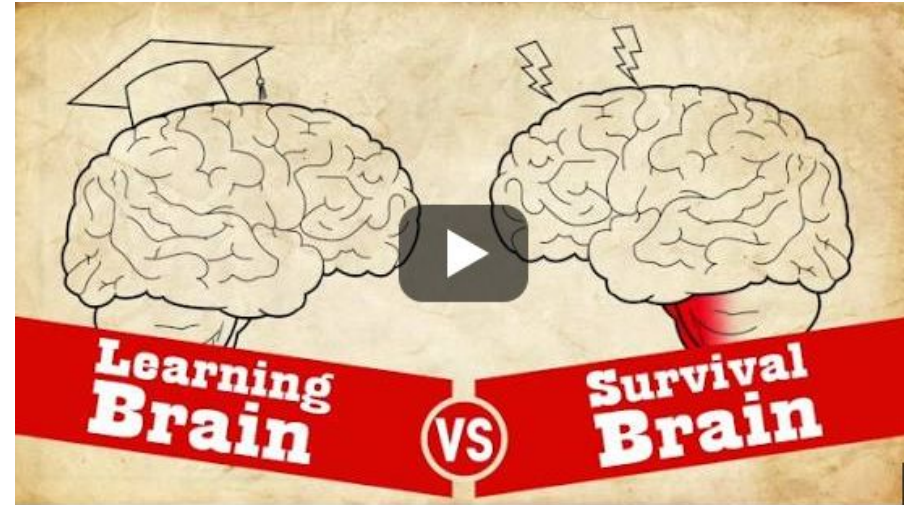
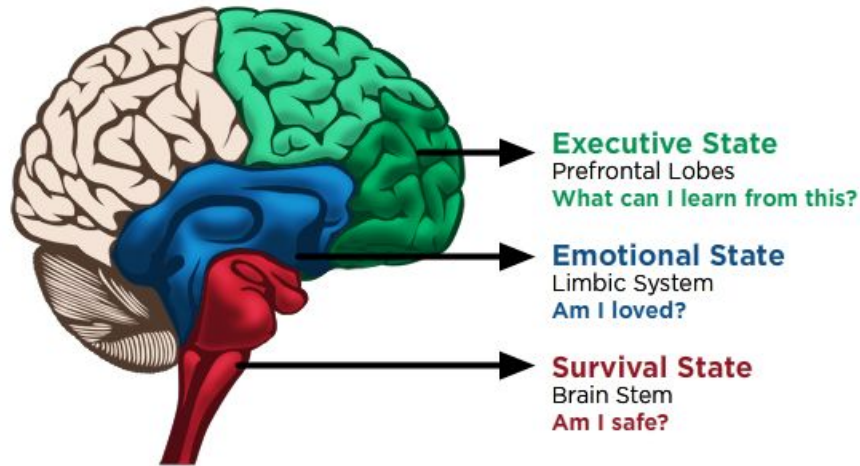

**Resources from Mental Health
in the Digital Age with the
— Global Class —**

First, we talked about the Mental Health Continuum:

The Mental Health Continuum



Then we explored the “survival brain”:



Understanding Trauma: Learning brain vs. survival brain

<https://www.youtube.com/watch?v=KoqaUANGvpA>

CAMH - Centre for Addiction and Mental Health



[CAMH](#) is Canada's largest mental health teaching hospital that focuses on care, research, education, and leading social change.

[Mental Health and Addiction Index](#) - provides a thorough list of mental health disorders and substances that impact your cognitive functioning.

- [Anxiety](#)
- [Depression](#)
- [Cognitive Behavioural Therapy \(CBT\)](#) is a common treatment for many mental health conditions.



300 million people worldwide experience depression (WHO, 2017)

Depressions Statistics Everyone Should Know

3.1 million people between ages 12 and 17 in the U.S. have experienced at least one major depressive episode in the past year



8.7% of women have depression
5.3% of men have depression

Median age of onset: 32.5 years old



Suicide is the second leading cause of death among people ages 10–34



Depression is very treatable but 35% of adults receive none

Resources:

National Alliance on Mental Illness (NAMI)

Substance Abuse and Mental Health Services Administration (SAMHSA)
National Helpline: 1-800-662-4357



Nearly 50% of those diagnosed with depression also have an anxiety disorder

Social Media & Mental Health - Interesting Articles

- Allen, F. (2020). *Dark truth of social media as US pre-teen girl suicides soar 150% & self-harm TRIPLES, Netflix's Social Dilemma reveals*. The US Sun.
<https://www.the-sun.com/news/1487147/social-media-suicides-self-harm-netflix-social-dilemma/>.
- Cohut, M. (2018, April 13). *Is it time you went on a social media detox?* Medical News Today.
<https://www.medicalnewstoday.com/articles/321498>
- Hunt, E. (2020, January 27). *One ping after another: why everyone needs a notification detox*. The Guardian.
<https://www.theguardian.com/lifeandstyle/2020/jan/27/one-ping-after-another-how-constant-notifications-are-driving-us-to-distraction>
- Sternberg, N., Luria, R., Chandhok, S., Vickers, B., Kross, E., & Sheppes, G. (2020). When Facebook and finals collide - procrastinatory social media usage predicts enhanced anxiety. *Computer in Human Behaviour*, 109. <https://doi.org/10.1016/j.chb.2020.106358>

SnapChat & Zoom Dismorphia - Articles & Videos

- Marilisaraccoglobal. (2018). *Snapchat filters may seem harmless, but they're creating a new form of body dysmorphia*. Global News. <https://globalnews.ca/news/4381525/snapchat-body-dysmorphia/>.
- Rice, S. M., Siegel, J. A., Libby, T., Graber, E., & Kourosh, A. S. (2021). *Zooming into cosmetic procedures during the COVID-19 pandemic: The provider's perspective*, 7(2), 213-216. <https://pesquisa.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/resource/en/covidwho-1019116>
- Rogers, C. (2018). *'Snapchat Dysmorphia': Seeking Selfie Perfection*. WebMD. <https://www.webmd.com/beauty/news/20180810/snapchat-dysmorphia-seeking-selfie-perfection>.
- TODAYNBC. (2019, January 2). *'Snapchat Dysmorphia': Why Teens Are Turning To Plastic Surgery | TODAY*. YouTube. <https://www.youtube.com/watch?v=8yldCKGcCgg>.

Mental Health Apps



About Headspace:

<https://www.headspace.com/about-us>

Headspace for Students:

<https://www.headspace.com/studentplan>

About Calm: <https://www.calm.com/>

About CBT i Coach:

https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp