#NoFilter

TUESDAYS 3:30-4:45

A support group for MSU Undergraduate students

This group will explore social media and how it relates to identity, connecting, and overall mental health. Our current climate (pandemic; injustice) has required us to be more present with social media technologies. How does this impact our sense of self, our ability to maintain connections, and impact our mental wellness?

Studies have shown social media use can contribute to fear of missing out, loneliness, anxiety and depression.*

Join genuine conversations within a supportive environment as we explore the pressures and stressors of social media and how to use social media to protect and strengthen our mental health.

Facilitators: Jessica Oyoque LMSW, Sarah DeYoung LMSW


Virtual Group:
This group will meet on HIPAA compliant zoom. Contact a facilitator for more info and the link for the group meeting.

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