

SOCIAL MEDIA AND MENTAL HEALTH

Well Being



Mental health integrates our emotional, psychological and social well-being. For what affects us the way we have to think, feel and act in the way of life.

Social Networks

Social networks are a set of users connected to a platform that can interact with each other without being close to each other.



The Objective

These platforms serve to maintain relationships or initiate relationships with other people from other countries. You can keep in touch with friends and family who do not live nearby.



The Negative of Social Networks



The inappropriate use of these networks can trigger cyber-bullying, psychological damage to other people that generate disorders, among others.