



is your relationship with social media healthy?



Social media can be great. And it can also leave you feeling down or unable to switch off. Dealing with those feelings is not always easy to do on your own.

If you're finding things hard try talking to your friends, family or teacher early and **NIP it in the bud.**



Get other tips and tools to look after your mental health at headspace.org.au/nipitinthebud



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