

The SUNY Plattsburgh Institute for Ethics in Public Life presents

Social Media and Mental Health

Mar. 12 (W) at 3:30 in person or on Zoom (see below)

It is now widely accepted that the United States is experiencing a youth mental health crisis. Starting around 2012, there have been significant increases in anxiety, depression, mental health diagnoses, suicidal ideation, and self-harm for young people.

Why is this happening? There are multiple causes at work, but a key one is likely to be social media.

For today's discussion, we'll explore the trends in youth mental health, the possible causes, and the evidence that social media is a major cause for the international crises we are experiencing.



We welcome special guest Dr. Jennifer Bremser, Assoc. Prof. of Psychology, SUNY Plattsburgh Branch Campus at Queensbury, to help us understand this important topic. This forum is an opportunity for students, faculty, administrators, staff, alumni, and community members to come together and learn about this issue.

Join us in person in Hawkins 233 (the Institute offices) or
on Zoom at <https://plattsburgh.zoom.us/j/82096897140>

The Institute for Ethics in Public Life is generously supported by gifts to the Plattsburgh College Foundation.

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