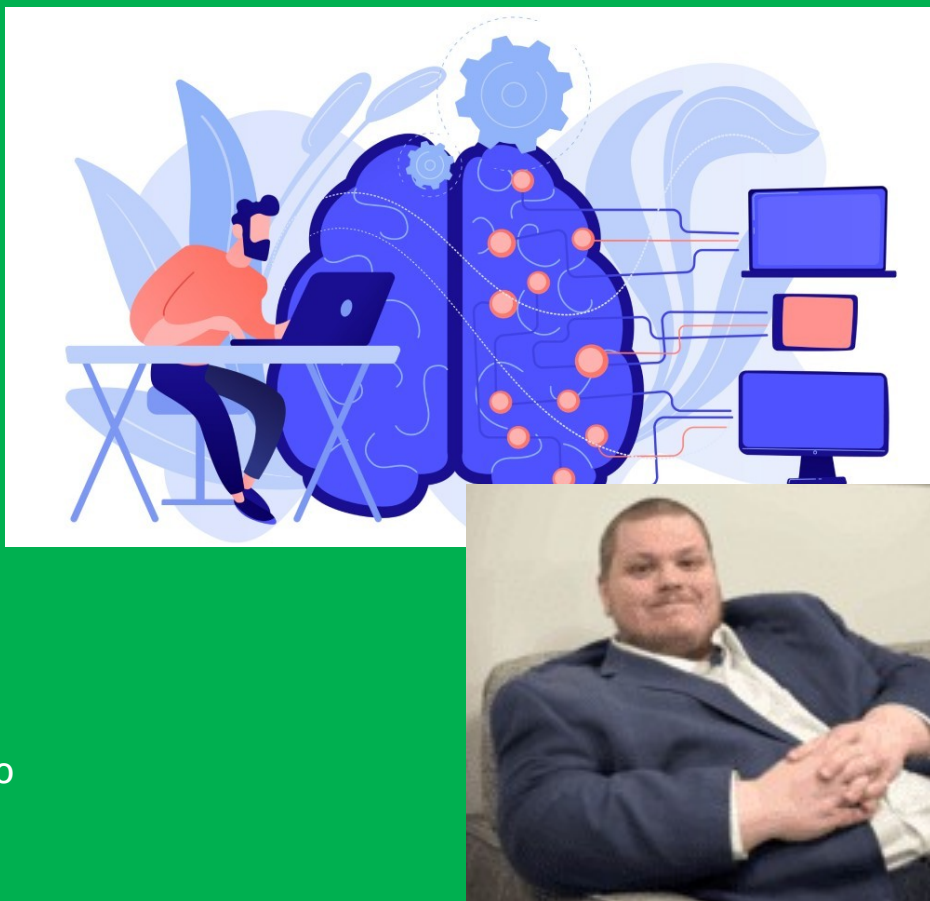


The SUNY Plattsburgh Institute for Ethics in Public Life presents
“Technology and Mental Health”
Sep. 09 (W) at 3:30 in person or on Zoom (see below)

Technology has become central to our lives, and this has important implications for mental health. On the plus side, telemedicine has the potential to improve access to mental health care and social connections. However, screen-time can interfere with sleep, which is associated with depression. Social media has been found to contribute to low self-esteem, narcissism, and self-harm and undermine learning in young people. Dependency on tech is increasing, particular among young people. And AI chatbot use may be related to depression and psychosis.



We welcome special guest James Norton ‘13, Government and Community Affairs Manager for National Alliance on Mental Illness (NAMI) New York, 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 discuss this issue.

Join us in person in Hawkins 233 (the Institute offices) or
on Zoom at <https://plattsburgh.zoom.us/j/81316064694>

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