



Mental and Behavioral Health



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Released August 14, 2025

Effective September 13, 2025

We care deeply about your well-being. TikTok is a place to engage, have fun, and find a sense of belonging, while fostering both mental and physical wellness. We work hard to keep it that way.

Suicide and Self-Harm

We want TikTok to be a place where you can discuss emotionally complex topics in a supportive way without increasing the risk of harm. **We don't allow showing, promoting, or sharing plans for suicide or self-harm.**

If you or someone you know is struggling, support is available. **Reach out to a suicide prevention helpline or contact emergency services.** If we see a specific, credible, and imminent threat—like someone posting a plan to hurt themselves—we may reach out to emergency services ourselves.



More information

Disordered Eating, Risky Weight Management, and Body Image

We want you to feel confident in creating and sharing as your authentic self, without pressure to compare your body to others. That's why **we don't allow content that promotes disordered eating and risky weight management behaviors. We also don't allow trading, marketing, or providing access to weight-related products and services that include exaggerated or harmful claims.**

Product feedback

How do you think we can improve?

Accuracy: The information provided didn't match what I see in the product

Readability: The information was unclear and not easy to understand

Relevancy: The information didn't match the title or header

Details: The information is relevant to me, but lacking additional details or examples

Formatting: There are formatting errors, typos, or issues with the information structure

Others

Submit

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LITTLEHOUSE

Advertise on TikTok

TikTok Embeds

Resources

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