Social media has become a popular way of connecting with friends, family, and the entire world. However, it can also have a negative impact on mental health in multiple ways. According to the American Academy of Child & Adolescent Psychiatry, social media can lead to issues such as body image issues, cyberbullying, and higher levels of anxiety and depression.   
  
One of the most common issues with social media and mental health is body image issues, which can cause feelings of inadequacy and low self-esteem. Studies have found that social media provides an unrealistic representation of how people are expected to look. As a result, people may start to compare their own body to idealized images they see, leading to feelings of insecurity. In addition, social media reinforces existing stereotypes about how people should look, which can further impact body image.   
  
Another issue caused by the use of social media is cyberbullying. Cyberbullying involves the use of technology to send or post negative messages about someone. Cyberbullying can lead to a range of negative consequences for the victim. Namely, it can lead to a decrease in self-confidence and even suicidal thoughts.   
  
Finally, social media has been linked to increased levels of anxiety and depression. This can be attributed to the overexposure to negative messages, unrealistic expectations, and peer pressure. The constant comparison to others can create a feeling of inferiority, causing the user to become depressed. Moreover, the use of social media can lead to an “always on” mentality, which can lead to higher levels of stress.  
  
All in all, social media can have a negative impact on mental health. Centres providing mental health support, such as the Crisis Text Line and the National Support Line, can offer help to those who are struggling. People should also make sure that they are taking regular breaks from social media and practising self-care to ensure they do not become overwhelmed.