Seize The Awkward

By: Taryn Hiatt and Nathan Dalley

American Foundation *for* Suicide Prevention

American
Foundation
for Suicide
Prevention

Join groups that educate and inspire:

From webpages such as Humans of New York to Active Minds Inc's own social media accounts, there are ways to see messages of positivity and humanity online. Actively taking part in these communities allows us to educate ourselves on different worldviews and positive stress-relief strategies that we can spread to loved ones.

Spread Positivity Online:

Campaigns such as #LoveYourBody and #HereForYou on Instagram have been vital in opening frank conversation about mental health online across a wide range of communities. Choosing to embrace these campaigns and support the groups organizing such movements can allow one to be more involved in online social-justice and mental health initiatives.

Be A Vocal Positive Support System:

Platforms such as Facebook and Snapchat allow us to reach out to those who we know may be having a rough day or who are in need of help in some way. Sometimes simply reaching out to check in on someone or to establish that you're open to talking to people in times of stress can foster a sense of solidarity and togetherness among college students in difficult times.

Use Social Media to Organize In Person Events:

Social media allows people all across communities to organize and find local events from stress-less meetings to guest speakers on mental health. Passionate about a certain topic? Use platforms such as Facebook and Instagram to arrange ways to meet like-minded groups and plan events for your local campus.

Discussion

American Foundation *for* Suicide Prevention

Thank You!

American Foundation
for Suicide
Prevention

@afspnational

afsp.org

American Foundation
for Suicide
Prevention