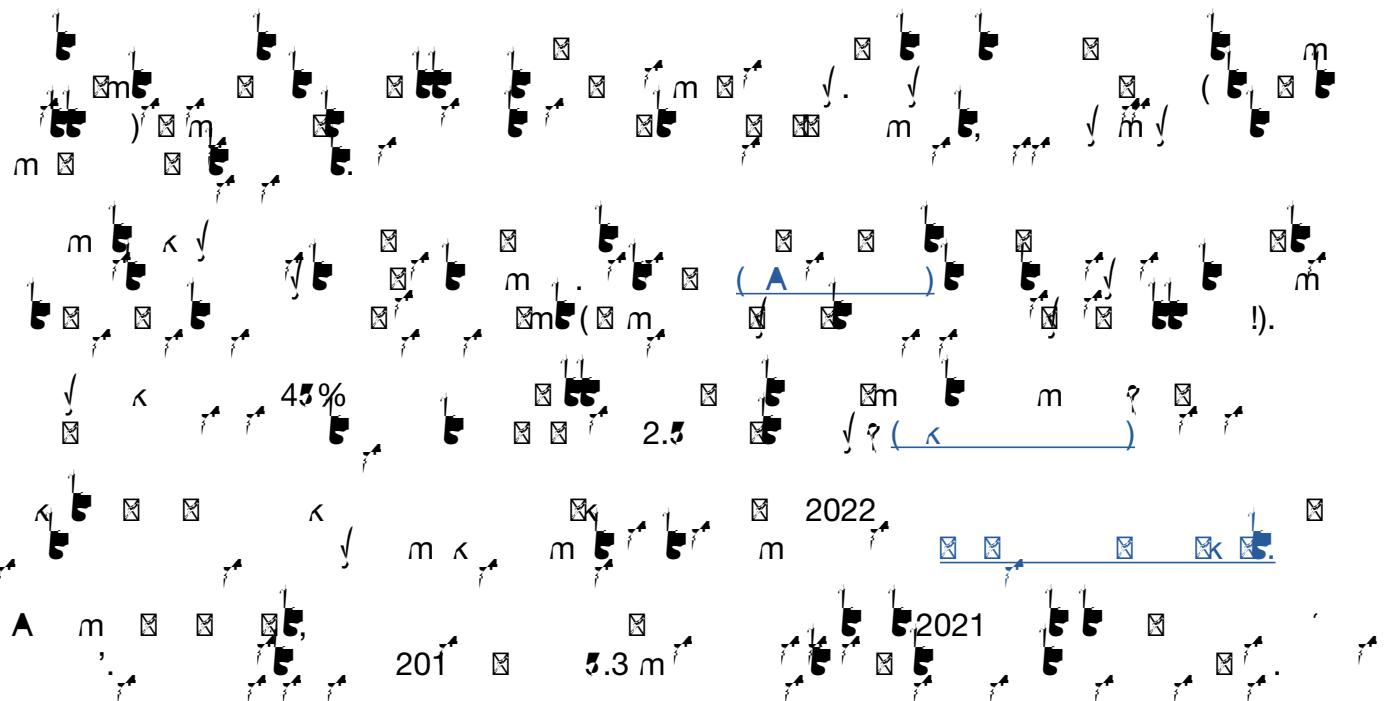


Social media Use in peer support



How is this relevant to peer support?

Questions to consider

- What are the benefits of using social media for peer support?
- What are the challenges or risks associated with using social media for peer support?
- How can peer support groups effectively utilize social media to connect with others?
- What role does social media play in providing emotional support and resources to individuals?
- How can social media be used to facilitate group discussions and decision-making processes?
- What are the ethical considerations when using social media for peer support, such as privacy and confidentiality?
- How can peer support groups evaluate the effectiveness of their social media presence and engagement?
- What are the best practices for maintaining a positive and supportive online community through social media?
- How can social media be used to raise awareness about mental health issues and promote peer support?
- What are the potential long-term impacts of social media on peer support and mental health outcomes?

Benefits of Social Media Channels

Facebook

Twitter

WhatsApp

LinkedIn

Instagram and YouTube

Zoom/MS Teams

Top Tips

Think before you post –

Think about who will see your post –

Do not post offensive or inappropriate material –

Consider brief terms of engagement –

Above all #Keeponposting

References

