Be Safe Online
Your Mental Health

CONTROL WHAT YOU SEE

Using tools such as managing notifications can help you avoid harmful content

THINK ABOUT WHAT YOU ARE POSTING

Posts that are helpful to one user may be distressing to someone else so it's a good idea to think before you post

REPORT ANY WORRYING CONTENT

If you see anything online that worries you, such as someone who is in need of urgent help, you can report it via the site itself or on the 'Report Harmful Content' website

IF YOU'RE WORRIED ABOUT SOMEONE

If someone online is showing signs of distress, you can help by encouraging them to talk to someone or suggesting places they could get support

WHERE TO GET SUPPORT

YOUNG MINDS

KOOTH

SAMARITANS GUIDE TO ONLINE SAFETY

Isle of Man
Government
Reiltys Ellan Vannin