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Social Media and Your Wellbeing

When using social media, it's important to be mindful of how it may affect your mental health. Set boundaries like limiting screen time, take breaks, and focus on real-life interactions to practice maintaining a healthy balance.



LET US HELP

TOLL-FREE: 1-800-280-3782

WEBSITE: www.bhoptions.com

COMPANY CODE: CCSD

YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL