

This year's theme for World Mental Health Day is access to care during catastrophes and emergencies.

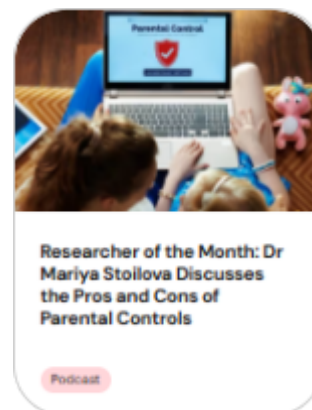
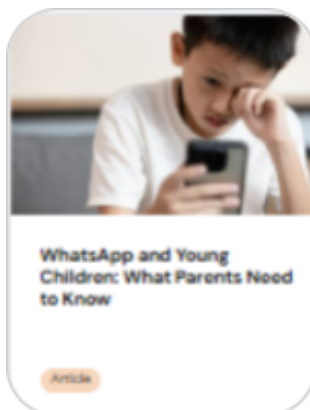
At Tooled Up, this prompted us to reflect that **whilst global events** like natural disasters, wars or shootings **may be far away, they can still affect** our own and children's **mental health due to the exposure we have to social media.**

With graphic content spreading quickly on social media, it's important to ensure that children (of all ages) are not being exposed to disturbing content, especially on platforms like **WhatsApp** where large group chats and easily shared videos can expose them to harmful content around the clock. Watch this video [WhatsApp and Young Children: What Parents Need to Know](#) to find out **do's and don'ts to keep your child safe.**

Your child may question **your own use of WhatsApp** so be prepared to reflect on this. **Do** all the **group chats** you are a member of **support your wellbeing** or do they **add stress** or **increase FOMO**? Our resource [10 Reasons to Be Mindful When Using Parent WhatsApp Groups](#) includes helpful **guidelines for your own use.**

Some families use **parental controls** to help ensure their children do not view damaging content online but **do they really work?** [Dr Mariya Stoilova Discusses the Pros and Cons of Parental Controls](#) sharing practical **tips about the tools on offer including their limitations, differing uses and functions.**

This **Mental Health Day** let's stay attuned to the many supportive tools that can help children navigate a world where the boundaries of on and offline experiences are blurred. Honest family conversations, consistent, shared digital values and reassurance that we're always there for them no matter what, will go a very long way.



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