



# College of Micronesia-FSM

## Internet AI & Social Media: Friend or Foe to Your Mental Health?

### Friends: The positives

- Connect to mental-health professionals/services online, guided mindfulness, crisis information.
- Skill-building & inspiration: motivational content, study group, and challenges that boost coping and healthy habits.

### Protect Yourself:

- Limit non-academic use <2hrs daily.
- Prioritize sleep!
- Use as supplement—talk to us for real support.
- Report bullying to IT/Counselor.
- Join campus activities for true connections.

### Foes: The Risks

- Social Media: FOMO, cyberbullying, addiction, sleep loss—increases anxiety/depression.
- AI Companions: Poor crisis handling, fake bonds delay real help, technostress.

Call or email the counselling office for academic or mental health support.



(691) 320-2480 X 196



[counseling@comfsm.edu.fm](mailto:counseling@comfsm.edu.fm)