

Community Education Service



Improving emotional health and well being

Screen Time & Teen Mental Health

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Teens have experienced significant life disruptions due to the COVID-19 pandemic, including school closures, social distancing, missed milestones, and family stress (e.g., income loss, parent mental illness). While teens have begun to return to normal activities and routines, the potential for the COVID-19 pandemic to have significant consequences on teen mental health and well-being has gained considerable attention.

Join Dr. Brae Anne McArthur, a Registered Psychologist, to discuss the current state of youth mental health and the relationship between screen use activities and mental health outcomes for teens. You will leave this session with a broader understanding of screen use as both an effective (i.e., engaging with others via social connection for support) and ineffective (i.e., long duration of passive screen use) mechanism for teen mental health outcomes.

Sept 19 2022
6:30-8:30pm

Click here to
register
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **University of Calgary.**