EXPLORING THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

**Action Requested:** Receive the “Exploring the Impact of Social Media on Mental Health” presentation

**Executive Summary:**
Experts from the University of Iowa will present on the impact of social media on student mental health and discuss support programs provided to help students navigate the pitfalls of social media.

**Presenters:**
- Lindsey Landgrebe is a Counseling Psychology Doctoral Intern with the University of Iowa’s University Counseling Services.
- Dr. Tianyi Xie is a Staff Psychologist with the University of Iowa’s University Counseling Services.