

Contact: Jason Pontius

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.