



Social Media Resources

July 2024

1. U.S. Pain Foundation: [Pain Education Portal \(PEP\) Talks](#)
2. FindHelp.org: [Search and Connect to Social Care](#)
3. Humana: [Humana Neighborhood Center](#)
4. 988 Suicide and 24/7 Crisis Lifeline: [988 Lifeline Chat and Text](#)
5. US Pain Foundation: [US Pain's YouTube Channel for Webinars, Meditations and More](#)
6. UC Davis Health: [Social Media's Impact on our Mental Health and Tips to Use it Safely](#)
7. Psychology Today: [Chronic Illness and Social Media](#)
8. Mass General: [The Social Dilemma: Social Media and Your Mental Health](#)
9. US Pain Foundation: [Instagram Account](#)
10. Cnet.com: [Social Media and Chronic Illness: An Impact That Transcends a Screen](#)