

Mental Health in the Digital Age

Facilitated by Jamie McNulty (CogniCare)

This workshop will explore the relationship between technology and mental health in today's increasingly connected world.

Course Information

This session explores the relationship between technology and mental health in today's increasingly connected world. Participants will examine both the benefits and challenges of digital life, including cognitive overload, social media pressures, online connection, digital wellbeing, and access to mental health support.

Course Aim

Through reflective discussion and practical strategies, the session aims to support healthier, more intentional relationships with technology while promoting balance, boundaries, and wellbeing in everyday life.

For further information on training please contact:

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Places are limited to 4 per organisation. Age restrictions apply. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.