

## Encounter 1/28/18 Make-Up Worksheet

### *Mental Health and Social Media*

Name: \_\_\_\_\_ Small Group: \_\_\_\_\_

Log onto <http://ctryouth.com/encounter-videos> to watch the video that corresponds to the evening that you missed and answer the questions below. Turn this form in at Check-In when you arrive at Encounter.

1. *What are some warning signs of suicide?*
2. *What can you do if you know someone who having suicidal thoughts?*
3. *What is the correlation with social media and depression?*
4. *Why can overuse of social media make people lonelier?*
5. *How do you use social media in your own life?*
6. *How can you turn to God this week instead of other things to satisfy you?*

