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503-526-3737

publicinformation@BeavertonOregon.gov

FOR IMMEDIATE RELEASE

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PRESENTATION ON SOCIAL MEDIA AND MENTAL WELLNESS AT BEAVERTON CITY LIBRARY

BEAVERTON, Ore. – Does using Facebook make you lonely and depressed? What happens to your attention and concentration when a smartphone sits by your side all day long? Join Beaverton City Library located at 12375 SW 5th St on Tuesday, Apr. 24 at 6 p.m. for “Your Brain, Online: How Social Media & Smartphones Impact Your Mind, Health & Emotions.”

Using social media and smartphones seems to be just adding one more screen to a busy life. Most people have watched television or used PCs since childhood. The inability to focus on long-form tasks is becoming a consequence of rapid multitasking inherent in app-based environments. Social networks are tools for community building, but displays seem to go on forever and are hard to quit. What is this doing to our brains?

In this presentation, Dr. Alan Teo, a physician and researcher at OHSU, will highlight what the medical literature says about this timely topic. Tips on how to promote mental wellness and manage social media and technology in our technological lives will be included. Dr. Alan Teo, MD, MS, has specialized his work in the field of health services research, particularly mental health services. His primary research focus is the role of social relationships, social support and social isolation in influencing mental health outcomes, including depression and suicide.

This program is free and open to the public; no registration is required. For more information, visit www.BeavertonLibrary.org or call 503-644-2197.

Beaverton City Library is one of fifteen member libraries in Washington County Cooperative Library Services (WCCLS), which works to provide responsive and efficient library service countywide through centralized catalog, courier and other services.

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