



## QUICK-GUIDE TO SNAPCHAT

# Wellness Resources

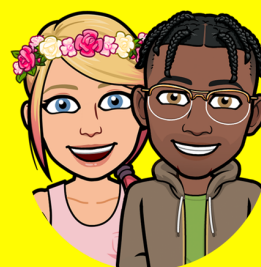
Being “safe” on social media isn’t just the absence of danger – it’s the presence of “wellness.” To that end, Snapchat has developed features to help educate and empower the Snapchat community to support friends who might be struggling.

- **“Headspace Mini,”** a version of the popular meditation app, gives Snapchat users access to guided meditations and mindfulness practices directly in the Snapchat app, including the ability to do meditation exercises with friends and send encouraging and uplifting messages. (This feature is only available in select countries.)
- Snapchat’s **“Here For You” search tool** provides localized crisis resources and content from pre-screened non-profits. Search topics include depression, anxiety, grieving, bullying, body positivity, LGBTQ mental health and more.
- Snapchat’s **in-app reporting tools** allow users to anonymously alert Snapchat about a friend who may be at risk for self-harm. Snapchat says that it “shares resources to both the person alerting Snap to the situation and the person receiving the in-app support,” including a support page with self-harm and crisis hotline resources in over 20 countries and languages.
- **Safety Snapshot Discover Channel** is a Discover show focused on educating Snapchat users about topics like digital wellness, app tools and account security. We recommend parents encourage their teens to subscribe to [Safety Snapshot](#).

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## Parents Ask: How Can I Learn More About Snapchat?

ConnectSafely encourages parents to check out Snapchat’s [Safety Center](#) and its [Parent’s Guide to Snapchat](#), which contains information on navigating the app, safety tips, information on wellness tools, how to make a report and more. ConnectSafely also has a [Parent’s Guide to Snapchat](#).



And don’t forget that you probably already have a Snapchat expert in your house – your teen! Ask them to show you around the app and talk you through how they use it. You might be surprised at how much they know (and use) privacy settings and other strategies to keep their experience on the app fun and upbeat.