



6th WORLD
MENTAL HEALTH
CONGRESS & AWARDS

18th February, 2025 | Taj Lands End, Mumbai

MENTAL HEALTH IN THE DIGITAL AGE:
**EXAMINING TECHNOLOGY'S IMPACT ON
MENTAL HEALTH**



PANEL DISCUSSION TOPIC

**MENTAL HEALTH
AND WELLNESS:
THE IMPACT OF
SOCIAL MEDIA
ON
MENTAL HEALTH**

SESSION MODERATOR:

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