Instagram Accounts for Mental Health

Here are just a few accounts to start your journey to improving your mental health by using social media to encourage your journey.

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| @lyndsaydealcounseling | @traumatherapists |
| @jennifer\_rollin | @eatingrecovery |
| @eatingdisordertherapyla | @foodfreedomdietitian |
| @projectheal | @choices\_dbt |
| @millenial\_for\_millennials | @mollybcounseling |
| @food\_freedom\_coach | @schoolbasedtherapist |
| @evelyntribole | @theeatingdisordercenter |
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I would encourage you to find your own accounts that you find uplifting. A great place to start is to look at these accounts and look at if they tag anyone or following other accounts. I encourage you to try to figure out what works for you and encourages you on your journey to mental health.