

THE NUMBERS BEHIND

Mental Health TikTok



Almost **1 in 5** U.S. adults now live with a mental health condition, but not everyone has the luxury of therapy to support their issues.

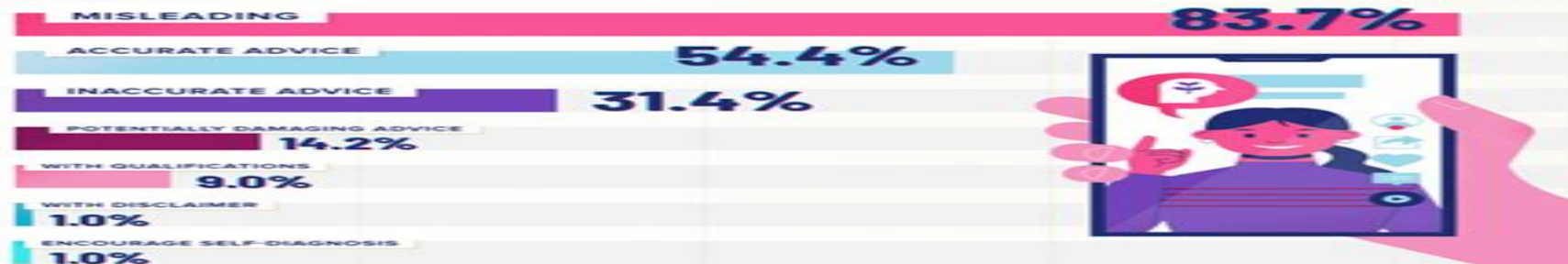
Psychology Today estimates that a session with a psychotherapist can cost between

\$100 - \$200 /SESSION

But this isn't always feasible for some, and free online advice is now more popular than ever.

With self-care guides on the rise on TikTok, we consulted healthcare professionals to analyze 500 videos to see how accurate the advice is. While following the lead of your favorite TikTokers may be tempting, we found that **83.7%** of their mental health advice is misleading. A further **14.2%** of videos are potentially damaging — advice given to viewers without explanation could potentially cause harm, for example, suggesting medication without consulting a doctor.

TYPE OF VIDEO



Mental health advice on TikTok is reaching more people than ever.

The 500 videos we analyzed were viewed almost 25 million times and received more than 3.5 million likes.

SOCIAL REACH OF MISLEADING VIDEOS



With an average follower base of at least 100,000, TikTokers find themselves with a major platform to share their advice.

59,924
AVERAGE VIEWS

8,624
AVERAGE LIKES

104,087
AVERAGE FOLLOWERS



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