

LIGHT
for Mental Health

Advertisement Feature

...e Masters

Trolls

Researchers have found that there are two categories of troll – vindictive and socially awkward. Trolling is an online antisocial behaviour with negative psychological outcomes. Trolls are more likely to be male with high levels of trait psychopathy and autism.

Trolls are bullies, keyboard warriors with little to offer apart from regurgitating bile from hilariously hateful web ‘news’ sites. They often promote free speech, until challenged or they themselves are triggered.

It's best to ignore and block them. You may have been victims of trolling and should have our sympathy, but for your own mental health they are best avoided.

If you or a family member is experiencing online trolling and your mental health is suffering, you can find support from a number of organisations.

theholpguide.org/articles/mental-health/social-media-and-mental-health.htm

bullying.co.uk/cyberbullying/
nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

supportline.org.uk/problems/cyberbullying/

arleytherapy.co.uk/cyberbullying/internet-trolling-mental-health-online.htm



William, Charlie and dad Dave say 'thank you' to the NHS



Georgie learning to juggle with help from dad

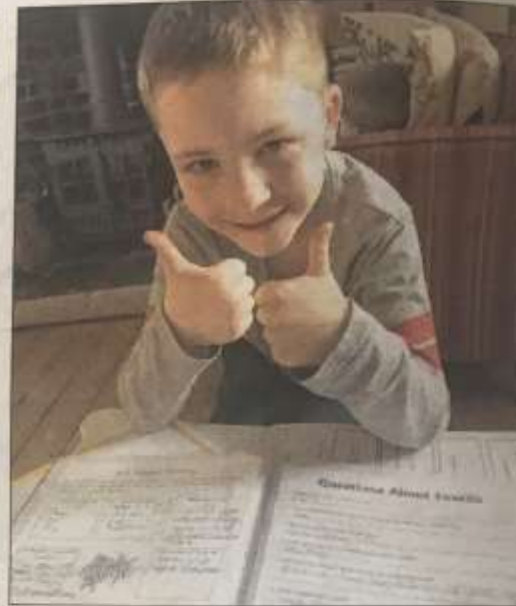
HUNGERFORD & LAMBOURN VALLEY Keeping in touch

Have you got a story?
Contact our Hungerford & Lambourn valley reporter
JOHN GARVEY, on (01635) 564528, or email:
john.garvey@newburynews.co.uk
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News updates from Hungerford and Lambourn are now available online throughout the week. Go to newburytoday.co.uk and select the district pages

newburytoday.co.uk



Thumbs-up from James after completing his homework

Pupils enjoy their



Animal-lover Rosie Marcel promotes Rota

Report 'We tak

HUNGERFORD'S neighbourhood police team has "most people" are coming to terms with the current coronavirus social distancing and restrictions on movement.

Crime has been low but c