

MODERN LOVE & MENTAL HEALTH



A Campaign on Dating, Attachment & Emotional Wellbeing

NAVIGATING LOVE IN A DIGITAL WORLD

Dating today is digitally intertwined - yet many people feel lonelier, more overwhelmed, or more unsure of themselves.

Swipe culture, ghosting, instant messaging, and constant comparison can all shape how we see ourselves and how we form relationships.



MODERN DATING PRESSURES

Ghosting and breadcrumbing

Endless choice leading to decision fatigue

Pressure to curate a “perfect self”

Overthinking online communication

Fear of vulnerability

Comparing relationships to highlights on social media

UNDERSTANDING ATTACHMENT STYLES

Our earliest relationships influence how we connect with others.

- Secure Attachment
- Anxious Attachment
- Avoidant Attachment
- Disorganised Attachment

To understand more about Attachment, reach out to Six.

BUILDING HEALTHY LOVE IN 2026

- Self-awareness before partnership
- Emotional safety & mutual accountability
- Intentional communication over constant access
- Healing patterns, not chasing validation
- Creating boundaries that protect connection



Love starts with understanding yourself.
Connection grows when we learn, heal, and show up authentically.



24/7 Confidential Helpline- 08008 807 373 | helpline@sixmha.org
www.sixmha.org Scan for the SIX MHA App - LVZ-489-754