

After Prince Harry and Meghan Markle quit social media, how internet trolls affect victims' mental health and tips to combat them

Trolling is a form of cyberbullying that can damage victims' mental health and even lead to suicide

Not responding to them, blocking their accounts and reaching out to real-life social support networks can help people deal with them

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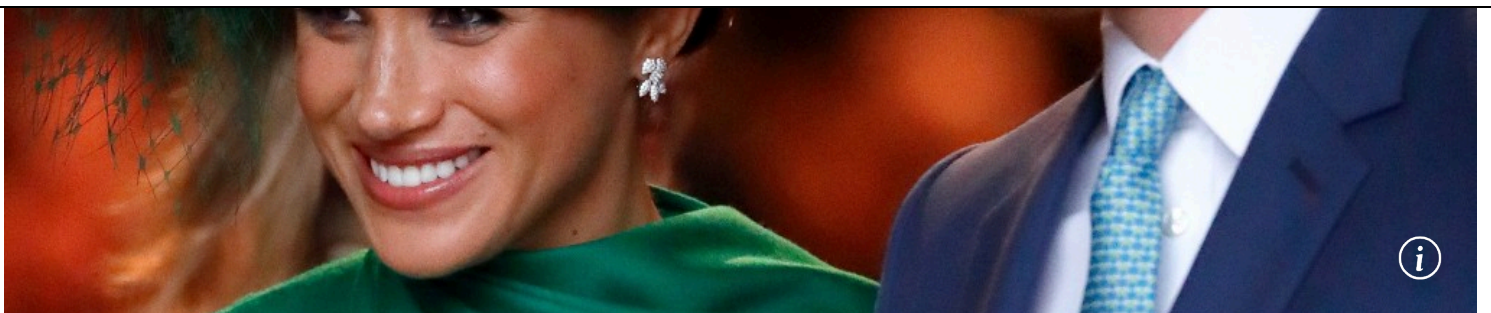


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It's hard to imagine life without the internet. But while the online world provides many benefits, one of its biggest drawbacks is trolls: the army of keyboard cowards who sit behind their desks and fire off hate, usually under fake names, who can cause their victims physical and psychological harm.

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It's no wonder high-profile people and celebrities have been known to pull the plug on their social media accounts in response. In 2017, British singer Ed Sheeran quit Twitter citing overwhelming abuse from trolls, while *Stranger Things* actress Millie Bobby Brown deleted her account in 2018 after becoming the subject of a homophobic meme.

At the weekend, Prince Harry and Meghan Markle announced they were abandoning social media due to the amount of "hate" they received. According to media reports, the couple are "very unlikely" to return to social media platforms.

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Markle – who says she was the most trolled person in the world in 2019 – has described her trolling as “almost unsurvivable”, while Prince Harry issued an unprecedented statement in 2016 denouncing “the sexism and racism of social media trolls”.



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