The First Day Of Your New Life On This Pristine, Lovely Island

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How can the animal crossing community as well as other online communities help with mental health?

Video games and mental health
Gaming Communities

1.) Give a sense of belonging

2.) A way to connect with others

3.) Connect with others around the globe
Toxic Side of Gaming Communities

![Chart showing the percentage of people who experienced harassment in various online multiplayer games.](chart_image)

Source: Hate in the Game: Harassment and Prejudice Social Experiences in Online Games 2021
Online Impact

Animal Crossing's online capabilities

- Discord
- Twitter
- Reddit
- Instagram
“Being yourself is always in style!”
– Wisp