In the contemporary digital era, the omnipresence of online communication platforms has irrevocably transformed the nature of human interaction, collapsing temporal and spatial barriers and engendering a novel socio-psychological environment. While digital connectivity offers unprecedented opportunities for social engagement, information dissemination, and psychological support, it simultaneously introduces complex and often paradoxical challenges to mental well-being. The proliferation of curated digital personas, constant exposure to idealized narratives, and the emergence of phenomena such as cyberbullying, FOMO (Fear of Missing Out), and algorithm-driven reinforcement loops have contributed to an evolving spectrum of mental health outcomes. This research endeavors to examine the intricate interplay between digital communication practices and psychological vulnerability, drawing upon multidisciplinary theoretical frameworks to interrogate both the pathological and salutary dimensions of online social behavior. By investigating specific mental health conditions—such as depression, anxiety disorders, and identity disturbances—within the context of digital engagement, this paper aims to illuminate the nuanced mechanisms through which virtual interactions influence emotional regulation, self-perception, and psychosocial resilience.