

# Identifying Teen Mental Health Difficulties

## Warning Signs of a Potential Mental Health Diagnosis

- ! Abrupt change in personality.
- ! Not acting or feeling like themselves
- ! Extreme emotional highs and lows
- ! Withdrawal and isolation
- ! Involvement in unhealthy, risk-taking behaviors
- ! Diminished hygiene or concern with appearance
- ! Feelings of worthlessness or hopelessness

### How Parents and Family Members Can Help

Reassure  
Research  
Reserve Judgment  
Reach out

**The years of adolescence can be both interesting and stressful for many teens.**

**Teens are also undergoing developmental changes, particularly brain development and maturation, which add to the ups and downs of being an adolescent.**

**Figuring out the type of mental health diagnosis, and best ways to treat it, as early as possible is the starting point to helping your teen.**



**SCAN TO READ IDENTIFYING TEEN MENTAL HEALTH DIFFICULTIES**

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