

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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