

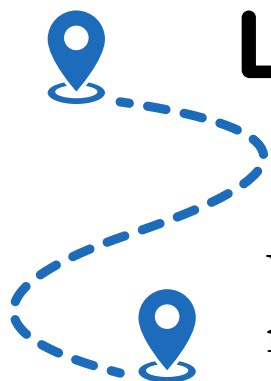
# SHOULD I WORRY ABOUT MY TEEN?



It's totally normal (and expected) for teens to have big emotional ups and downs. Teens actually experience emotions with greater intensity than adults.

When teens express powerful feelings like anger, worry, and sadness, it's also totally normal for parents to wonder—**should I worry about this?**

Most often the answer is no—your teen is just working through their experiences and building the coping strategies to manage their feelings. But sometimes more support is necessary. **Here are some ways to know when it may be time to reach out to your teen's doctor, nurse, or counselor for help.**



# LET YOUR OBSERVATIONS LEAD THE WAY

You know your teen so well. You know their patterns and routines. You know how they tend to relate to others. It may be time to reach out for support if you notice:



Big changes in their sleep or eating habits or their personal care routines



Worries that they just can't seem to shake



Loss of interest in activities they love



Signs of drug or alcohol use



Sudden big changes in how they're doing in school



Challenging emotions making it hard for them to get through the day and attend school



Withdrawing from friends and family

# Reach out for support immediately if:



You notice signs that your teen is harming themselves on purpose. Signs might include cuts, burns, or bruises that your teen tries to hide or is unable to explain.



Your teen mentions feeling hopeless or like they do not want to be alive.



You ever become concerned that your teen is suicidal.



**If you think your child is in immediate danger, call 911.**

**You can also call 988. This is the Suicide and Crisis Lifeline.**



You'll be connected to a trained crisis counselor. They are available to help 24 hours a day, 7 days a week. They also have access to interpreters that speak over 240 languages.



# FOR MORE INFORMATION ON TEEN MENTAL HEALTH:



healthychildren.org

Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

This resource offers more detail on how to know if your teen is struggling as well as information on common mental health struggles that teens can face.

<https://www.healthychildren.org/>



This resource from the CDC has information on a range of mental health topics like healthy relationships, safety, and substance abuse.

<https://www.cdc.gov/>



These resources are made for teens. Here your teen will find articles and videos on how to talk about their own mental health, how to reach out for support, and how to make a mental health plan.

<https://www.nami.org/>



The Jed Foundation

This online mental health resource center provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.

<https://jedfoundation.org/>