

TIPS

What your kids want you to know!

SIGNS OF MENTAL HEALTH ISSUES:

It is normal for teens to experience times when they feel sad or down but prolonged feelings of sadness can be a sign that your teen is dealing with something more serious. Your teen may not come to you to talk about their feelings but there are signs to look for to tell if they are dealing with depression. If your teen identifies that they have been feeling sad for an extended period of time and it has begun to impact their life, contact the pediatrician to discuss the next steps and what help is available.

BEHAVIORS

- Withdrawing from friends and family
- A change in interests or their desire to stop participating in activities or sports they used to enjoy
- A drop in grades and slacking off from school work
- Substance use

MOOD/PERSONALITY

- Frequent irritability
- Feeling down/low self-esteem

PHYSICAL

- Trouble sleeping or excessive sleeping
- Over eating or decreased appetite

Make sure your child knows that they can talk to you. If you think your child is struggling with symptoms of a mental health disorder, start a conversation. Visit the sites provided below to learn more about depression and other mental health issues your teen may be facing.

<https://childmind.org/article/what-are-the-symptoms-of-depression-in-teenagers/>

<https://www.nimh.nih.gov/health/publications/teen-depression/index.shtml>

<https://www.mentalhealthamerica.net/conditions/depression-teens>

<http://teenmentalhealth.org/learn/mental-disorders/>

<https://www.hhs.gov/ash/oah/adolescent-development/mental-health/mental-health-disorders/index.html>