

# What Parents Can do

## MENTAL HEALTH WITH YOUR TEENS



17% of youth (6-17 years) experience a mental health disorder. 1 in 5 adults develops a mental illness.



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- **Suicide is the 2nd leading cause of death among people aged 10-34 in the U.S.**
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### Talk about it

A lot of individuals do not receive help because they are too afraid to bring it up OR are afraid you won't take them seriously.

### Know your resources:

Find your local resources for your child for mental health assistance.



**It is important to be aware of warning signs that your child may be struggling.**

- *Feeling very sad or withdrawn for more than two weeks*
- *Seriously trying to harm or kill himself or herself, or making plans to do so*
- *Experiencing sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing*
- *Experiencing extreme difficulty controlling behavior, putting himself or herself in physical danger, or causing problems in school*
- *Using drugs or alcohol repeatedly*
- *Having severe mood swings that cause problems in relationships*
- *Showing drastic changes in behavior or personality*

**What parents can do:**

- Talk to your child's doctor, school nurse, or another health care provider and seek further information about the behaviors or symptoms that worry you
- Ask your child's primary care physician if your child needs further evaluation by a specialist with experience in child behavioral problems
- Ask if your child's specialist is experienced in treating the problems you are observing
- Talk to your medical provider about any medication and treatment plans