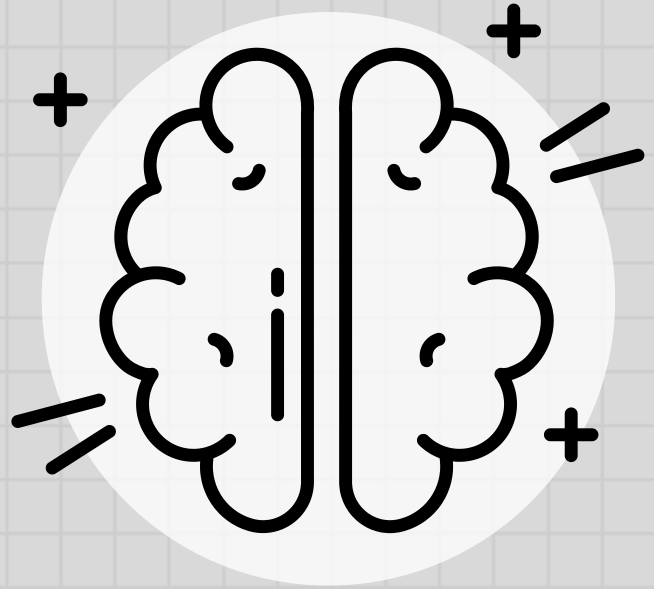


SUPPORTING TEENS' MENTAL WELLNESS



CHECK IN OFTEN

Spend time together regularly and encourage your teen to share their feelings. Invite them to join you in a task or project. Ask them how their day has been and remember to validate any feelings that come up by showing empathy. Examples may be "It sounds like it has been a tough day" or "You seem really proud of everything you accomplished today."

WARNING SIGNS

While some of the behaviors on this list may not be a sign that something is wrong, it is a good time to ask questions and get some more information.

- Sleeping more or less than usual.
- Loss of interest in daily activities.
- Withdrawal from family or friends.
- Substance use.
- Challenges at school.
- Self-harm or thoughts of suicide.
- Racing/persistent thoughts.
- Intense emotions/changes in mood.

FINDING SUPPORT

Connect with support staff such as social workers, counselors and educators at your teen's school.

Reaching out to a **counseling line such as 988** can be helpful for immediate emotional support and also connecting to resources.

CREATE A ROUTINE

Routines can help reduce the buildup of stress by offering some predictability, helping prioritize what needs to get done and offering an opportunity to build in intentional time for the things that are important to us. Routines help create a daily rhythm and will provide a good foundation for noticing when your teen may need some extra support or attention.

ACTION

- Talk with your teen about what you are noticing.
- Schedule a visit with a healthcare provider.
- Create a plan together for ongoing support.

SELF CARE

Caring for yourself not only keeps you feeling good but also is a great way to model healthy ways to cope with stress. Set healthy boundaries and make caring for your mental and physical health a priority too!