

8 SIGNS YOUR TEEN IS STRUGGLING WITH MENTAL HEALTH



LOSS OF INTEREST
IN PREVIOUSLY
ENJOYED
ACTIVITIES

POOR ENERGY AND
CONCENTRATION



LOW SENSE OF
SELF-ESTEEM

CHANGES IN EATING
AND SLEEPING PATTERNS



DARK DRAWINGS,
STORIES, AND/OR
POETRY

TEARFULNESS AND
CRYING OFTEN



WITHDRAW FROM
SOCIAL
INTERACTIONS

SUICIDAL
THOUGHTS OR
IDEATION



HOW TO HELP

Parents and friends should offer support and be available to talk. Remember to be gentle yet persistent. Listen without lecturing and validate their feelings. Encourage social interactions and physical health. If the issue persists, reach out to a mental health and/or medical professional, consider medication options, and work together to benefit your struggling loved one.

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