

MENTAL HEALTH: WARNING SIGNS AND RESOURCES

WHAT TO WATCH FOR

Behavioral Changes

- Spending more time alone, struggling in school, and making risky decisions—such as binge drinking, vaping, dangerous driving, and bullying behavior can be concerning signs.

Emotional Signals

- Mood swings, increased anxiety, and aggression or anger.

Warning Signs in Communication

- Negative self-talk, expressing helplessness, and lack of normal communication.

USEFUL TIPS

- Regular physical activity, like going for evening walks together or playing basketball, benefits your family's physical and mental well-being.
- Help youth build strong relationships by spending time on activities they enjoy, like gaming, cooking, or watching their favorite show.
- Limiting screen time is crucial; try tech-free dinners or family game nights to stay connected.
- Similar to physical health, professional help may be needed. Don't hesitate to seek it, as stigma is decreasing.

TALK OPENLY AND WITH HONESTY

Clear Communication

- Check in with your youth by asking open-ended questions to encourage honest conversations.
- Listen carefully to what they're sharing. Avoid overreacting or dismissing their feelings, as validating their emotions is important.

Empathy and Support

- Approach conversations with understanding avoiding criticism or judgement to make them feel safe opening up.
- Your youth may be hesitant to talk, so reassure them that it's safe to be open with you.



RESOURCES

- Call or text 988 Suicide & Crisis Lifeline
- Teen Lifeline 602-248-8336 or Statewide 800-248-8336
- Ask the school counselor for a recommendation of support
- Find a provider that meets your youth's specific needs

For additional information,
scan the QR code:

