

TEEN MENTAL HEALTH

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Why is mental health important for teens?

Teens who have positive mental health often feel happier and have higher self-esteem. Promoting teens' wellbeing promotes healthier relationships with family and friends.

While adolescence is marked by many body and brain changes that can include strong emotional experiences, some emotional experiences may be causes for concern and warrant further assessment.

What are the warning signs?

- Sudden behavior, mood, or personality changes
- Avoiding/isolating from friends and family
- Lower energy or loss of interest in activities
- Significant changes in sleep or eating
- Excessive alcohol or drug use, unsafe sexual activity, running away from home
- Increased irritability or aggression
- Engaging in self-harming behaviors (e.g., cutting)
- Thoughts of suicide

1 in 5 teens ages 13-18 live with a mental health condition.¹

50% of all lifetime mental health conditions begin by age 14; 75% begin by age 24.¹

What can you do to help?

- Create opportunities for open dialogue with your teen and listen non-judgmentally.
- Remind yourself of what adolescence was like, and try to empathize with their experience.
- Share your concerns about your teen's behavior with your doctor.
- Request a referral from your teen's school or medical provider to a mental health professional.
- If needed, consider discussing your teen's behaviors and interactions with their teacher or school counselor.
- Identify safe spaces and communities your teen can go to for support.

1. Reference: The National Institute of Mental Health www.nimh.nih.gov

teen line

teens helping teens
(310) 855-4673



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



NATIONAL
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CRISIS TEXT LINE |

Text **HELLO** to **741741**
Free, 24/7, Confidential



For 24/7 Help, please
call our Help Line at
(800) 854-7771