Think of a time when you had a hard conversation with a teen (yours or others). What were some of your feelings after the conversation? Type them in the chat!
**Effects of the pandemic on teen mental health**

| Percent of parents noticing a new problem or worsening of an existing problem |
|-------------------------------|----------|
| **Teen girls**                | **Teen boys** |
| Anxiety                       | 36%      | 19%      |
| Depression                    | 31%      | 18%      |
| Sleep Issues                  | 24%      | 21%      |
| Withdrawing from family       | 14%      | 13%      |
| Aggressive behavior           | 9%       | 8%       |


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**1 in 4 17-19 year olds**

had a probable mental disorder in 2022

an increase from 1 in 6 in 2021

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**YOUTH MENTAL HEALTH CRISIS**

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"Teens are in trouble" as national mental health crisis escalates

Young people are visiting emergency departments for mental health-related emergencies at increasing rates. The crisis, say experts, began long before COVID-19.
MENTAL HEALTH IS NOT ABOUT FEELING GOOD

It’s about having the feelings that make sense in the context you are in. Handling the feelings that come up in healthy ways. Because feelings are a part of life!
PUT IN CHAT SOME DISTRESSING EVENTS TO A TEEN. OR MAYBE A DISTRESSING EVENT YOU HAD AS A TEEN.
Presentation title
WHAT TO SAY IN THESE MOMENTS?
SOCIAL MEDIA
ANXIETY IN TEENS

- Their performance.
  - Perfectionism
  - Needing to be the best in school
- How they are perceived.
  - Worry about whether they are seen as incompetent or stupid
  - Worry about doing something embarrassing
- Their bodies.
  - Being obsessed with perceived flaws, either real or imagined.
SYMPTOMS OF ANXIETY IN TEENS

- Recurring fears and worries about everyday life
- Irritability
- Trouble concentrating
- Extreme self-consciousness or sensitivity to criticism
- Withdrawal from social activity
- Avoidance of difficulty or new situations
- Chronic complains about stomachaches or headaches
- Drop in grades or school refusal
- Repeated reassurance seeking
- Sleep problems
- Substance abuse
SUICIDE WARNING SIGNS FOR YOUTH

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
   - Withdrawal from or changing social connections/situations
   - Changes in sleep (increased or decreased)
   - Anger or hostility that seems out of character or out of context.
   - Recent increased agitation or irritability.

There is hope.
SEEKING HELP FOR YOUR TEEN

- Local Physician
- Local Mental Health Center
- Online resources
- Local Crisis Lines and 988
If you or someone you know needs support now, call or text 988 or chat 988lifeline.org
TAKE CARE OF YOURSELF

You can't pour from an empty cup.
Take care of yourself first.

W. B. Yeats
REFERENCES