

# real talk for teens

mental health: anxiety, depression & suicide



**You Matter.**

# what is mental health?

- feeling positive about the mind and the body
- feeling safe and able to cope
- having a sense of connection to others
- having a sense of purpose

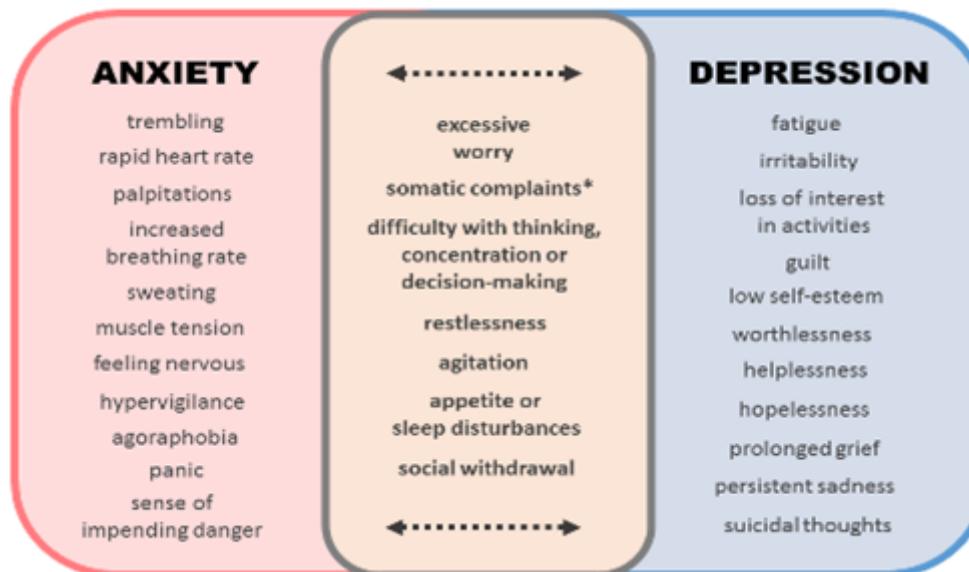
# mental illness...

- can be triggered by the brain or by the environment
- occurs on a spectrum
- affects 20% of American teens
- is treatable... you can feel better!

I M  
N O T  
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# anxiety & depression

- among the most common mental health issues
- signs and symptoms
- types of treatment



# self check... am I ok?

- recurring thoughts
- negative self talk
- avoiding people you usually want to see
- feeling like you literally can't get out of bed
- can't sleep
- believe you have a major problem you can't solve and no one can help
- feel like everything is pointless
- are consumed by anger, sadness or fear
- can't eat, never hungry
- feel dizzy, disoriented, sweaty
- don't want to do the things you usually like
- drinking or doing drugs to escape
- going to some dark places in your mind

# adults are annoying

Teen after teen says adults don't know how to listen, and don't think teen problems are "real".



# how to talk to your adult

- choose wisely...all adults are not created equal
- say, "hey adult, I've got some stuff going on. can you listen without freaking out?"
- if your adult cannot listen without freaking out say, "thanks anyway," and choose another adult
- repeat as necessary

## teen to teen

- first, listen, without thinking about what you might need to do next
- try to figure out how bad things are (tune into your gut, ask questions)
- notice if your friend is pushing you away
- keep reaching out even if your friend doesn't seem to want you to
- be willing to break a promise
- remember that there's no perfect answer and that whatever happens is really not in your control

is suicide selfish? ....the suicidal mind



# when anger and anxiety are good things



# things that start as solutions and end up new problems

- self harm
- drinking and drugs
- promiscuity
- disordered relationship with food
- other obsessive thoughts or behaviors



# ways to help yourself

- journal
- draw
- run
- scream
- write a letter
- take a break
- light a candle
- hold an ice cube
- call or text someone
- feel stuff
- pet a dog (or cat!)
- get into nature
- meditate
- walk

National Suicide Prevention Lifeline  
Hours: Available 24 hours.

**800-273-8255**

everyone struggles

HEY WARRIOR.  
*keep going.*

