

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

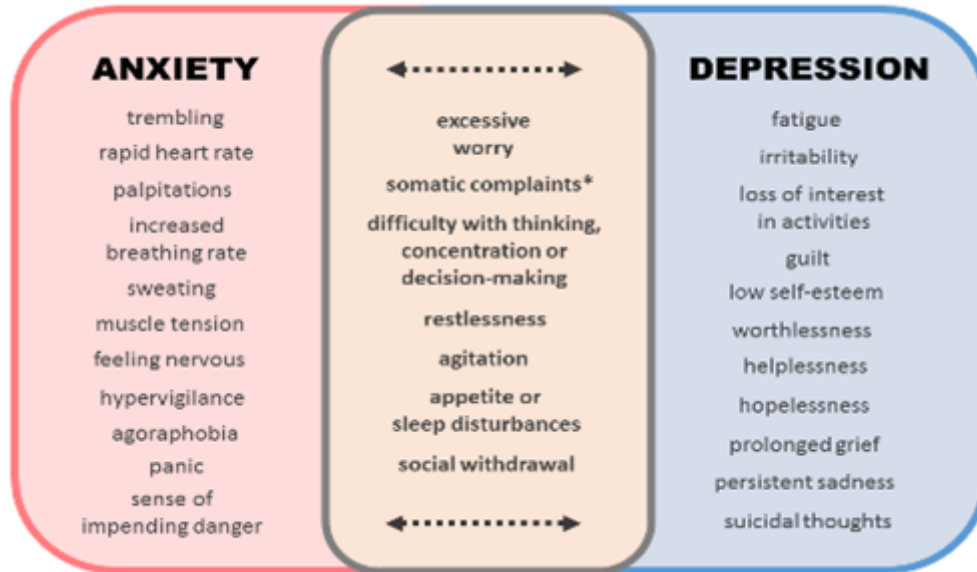
mental illness...

- 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
NOT
OK ☺**

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.

