

# Signs a Teen Might Be Struggling

Changes in appetite. Are they suddenly eating significantly more or less than usual?

Significant changes in sleep. Are they suddenly sleeping a lot more or less than usual?

Seeming more “clingy” than usual.

Expressing significant fears and worries.

Frequent stomachaches and headaches (when medical causes have been ruled out).

Significant changes in social activities or friend groups.

Decreased interest in activities they normally enjoy.

Frequent expressions of irritability or anger.

Isolation/seeming withdrawn. It is normal for teens to want time to themselves and an increase in privacy, but it is not normal for them to isolate themselves.

Unexplained injuries or cuts.

Significant changes in school engagement and/or grades.

Frequent crying for seemingly no reason.

Remember that it's normal to struggle sometimes. Your child might feel sad, afraid, or hurt about something in particular, or just be in a mood that feels more down or irritable than usual. It doesn't necessarily mean there is something more serious going on, such as clinical depression or anxiety, but please talk with your doctor or a mental health professional if you're concerned!



952-474-3251

[myhealthmn.org](http://myhealthmn.org)

