



MENTAL HEALTH

why talking about it helps

FAST FACTS

- Mental health issues like depression and anxiety are common.
- Taking small steps to support your mental health can help you in your schoolwork, relationships, and sports.
- People who support their own mental health feel more comfortable in their own skin.
- If your mental health issues are getting worse or making life difficult, good help is available.

WAYS TO SUPPORT YOUR MENTAL HEALTH



- Talk about it with a supportive friend or adult.
- Exercise.
- Get enough sleep.
- Find guided relaxation exercises online.
- Have regular conversations with a mental health professional.
- Discuss medication options with your healthcare provider.

TEENS: LET'S TALK

How would you describe your mental health right now? What has helped you protect or improve your mental health in the past? Identifying what has helped and what hasn't is a great place to start.

What things make your mental health worse? These can range from social media to a stressful schedule to scary or difficult

experiences. These are things we can talk about together. And who is another trusted adult you can talk to?

What new support strategies would you be willing to try? Is there anything helpful on the list above? We can make a plan today for things to try. And we can decide if we should check in again and when.

PARENTS: KEEP TALKING


As a parent, there are many ways you can support your teen's mental health. Your words and actions can help them now and develop lifelong habits that support their mental health.


Even if you don't know exactly what to say, talking openly, honestly, and often can make a big difference. If you see sudden and dramatic changes in your teen's academic performance, sleep habits, weight, or personality, consider talking to a mental health professional to learn more.

Try these conversation starters:

- "We all have better and worse times. How are you doing now?"
- "I'm here to listen. What do you need, and how can I support you?"
- "Can I help you find some resources or ideas and then talk again tomorrow night?"

GREAT RESOURCES

 For finding MN mental health care providers: fasttrackermn.org

 Other great resources: mentalhealth.gov
NAMI.org



Crisis line: Text "HELLO" to 741741



National Suicide Prevention Lifeline: 1-800-273-TALK (8255). En Español: 1-888-628-9454. Hearing impaired: TTY at 1-800-799-4889.

Toolkit for Adolescent Care