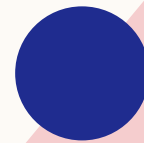


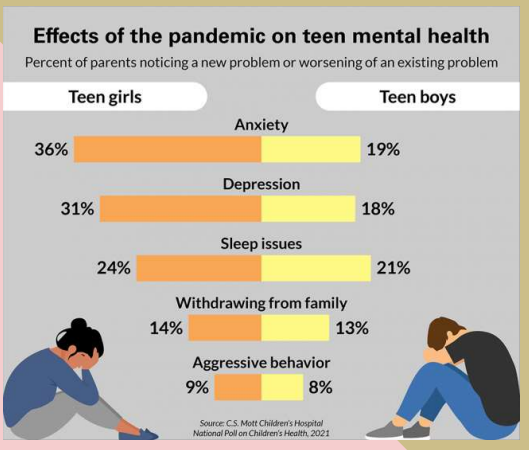
TEEN STRESS AND ANXIETY: HOW WORRIED DO PARENTS NEED TO BE?

Christy Perez
And
Erin Tynon



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!





1 in 4
17-19 year olds

had a probable mental disorder in 2022

an increase from 1 in 6 in 2021

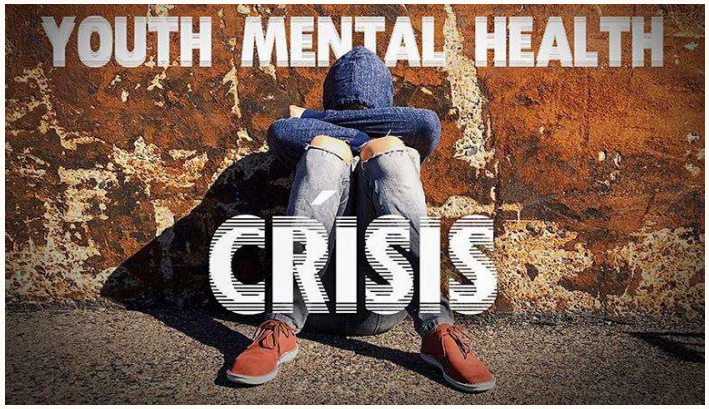
NHS Digital

AMONG GIRLS 12-17, ER SUICIDE VISITS UP MORE THAN 50% IN EARLY 2021 COMPARED TO 2019

CORONAVIRUS
YOUTH MENTAL HEALTH CRISIS
PEDIATRIC GROUPS ASKING LAWMAKERS FOR FUNDING

7:06 | 78°
WIS NEWS 10

WEATHER NEWBERRY 68° RAIN CURRENT 67° 11PM M CLOUDY 65° 6AM P CLOUDY



Atlanta

ALARMING STUDY
CDC: TEEN GIRLS EXPERIENCING RECORD HIGH SADNESS, SUICIDE RISK

Kathleen Ethier | Director, Division of Adolescent & School Health, CDC

CNN



Pittsburgh Jewish Chronicle

YOUTH MENTAL HEALTH | EXPLORING THE CURRENT CRISIS

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

Young people are visiting emergency departments for mental health-related emergencies in increasing rates. The crisis, say experts, began long before COVID-19.

By ADAM REINBERG | 15 November 2021, 2:54 pm | 0

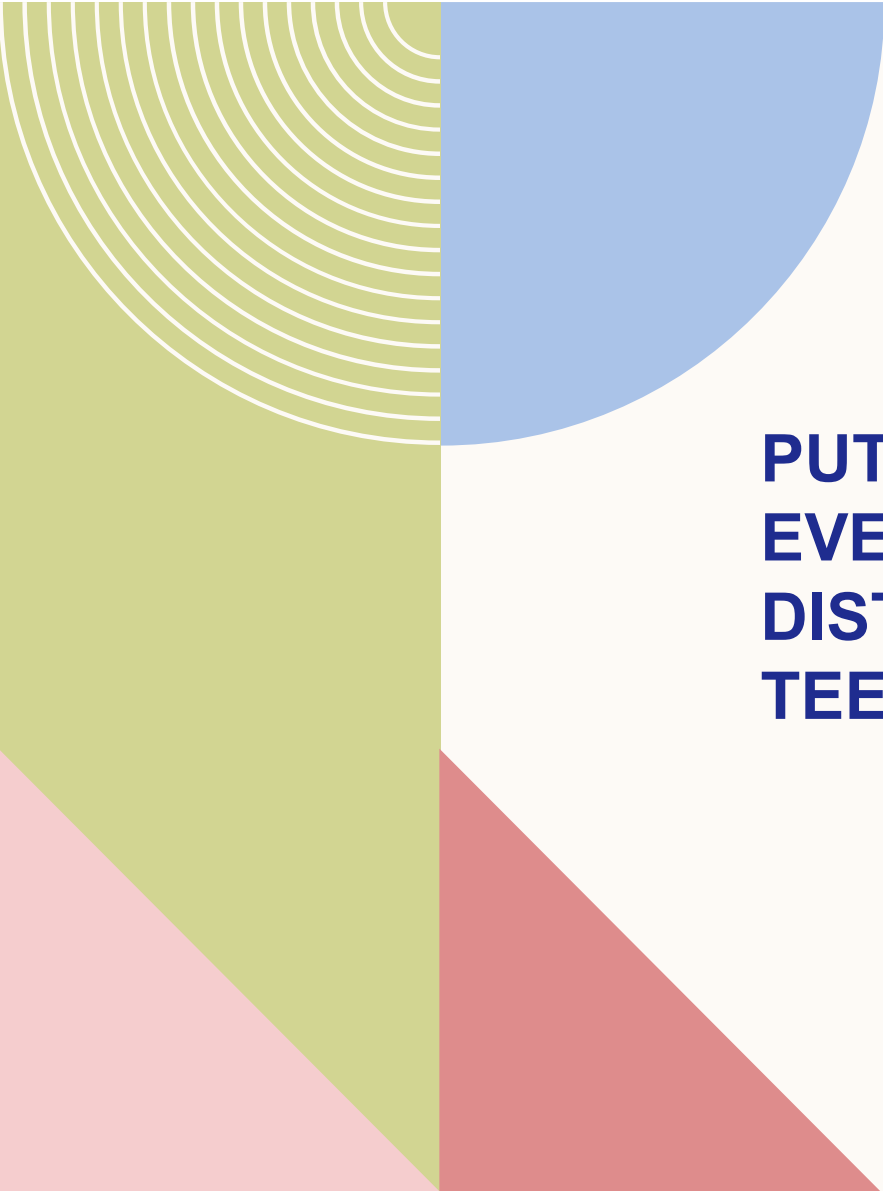
Main image by Victor Piatyushapov via iStock





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

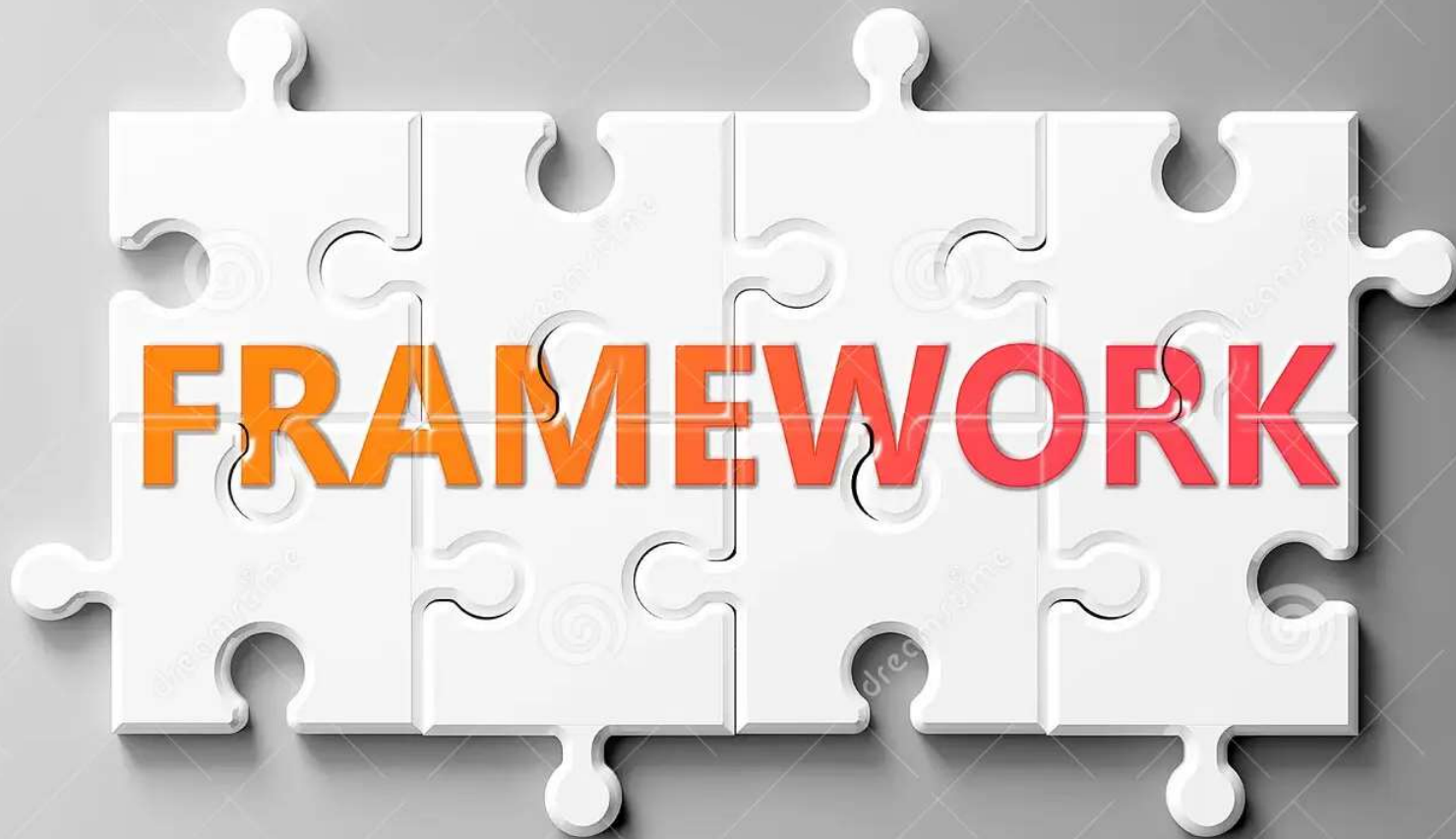


Presentation title



WHAT TO SAY IN THESE MOMENTS?

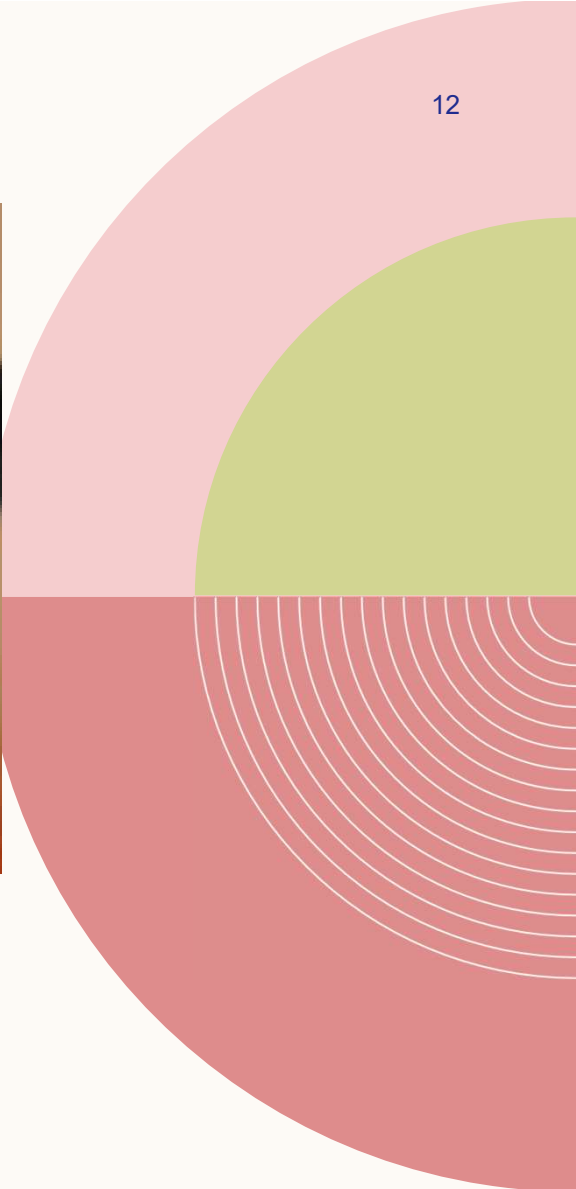
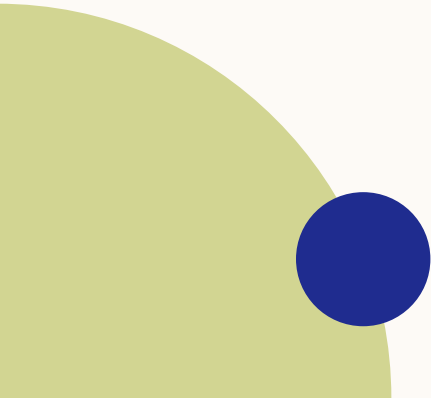




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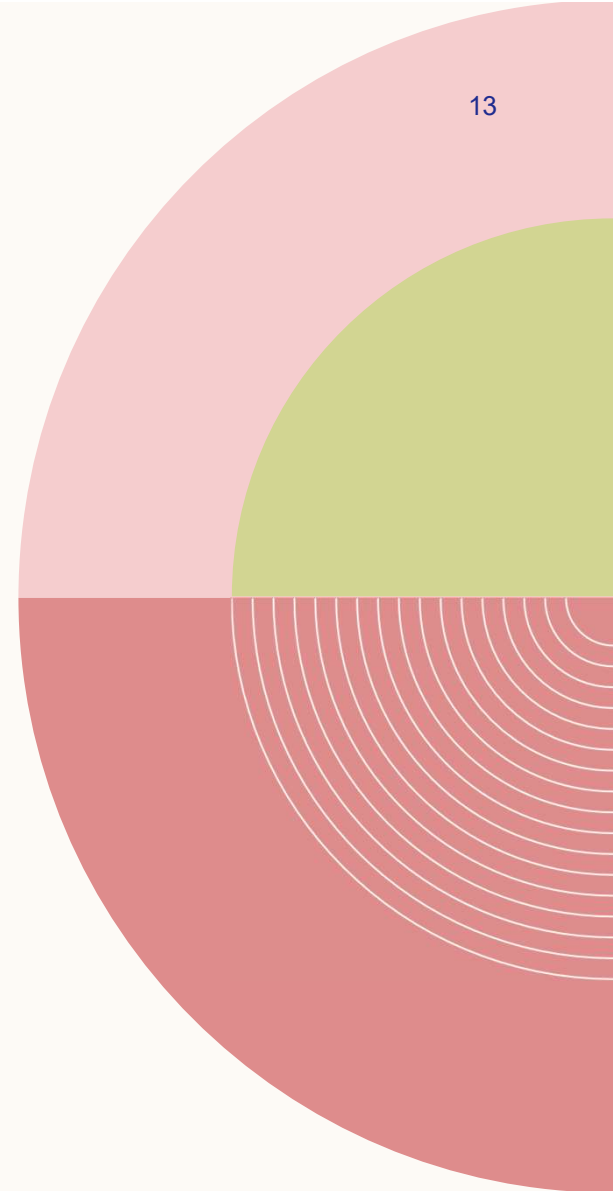
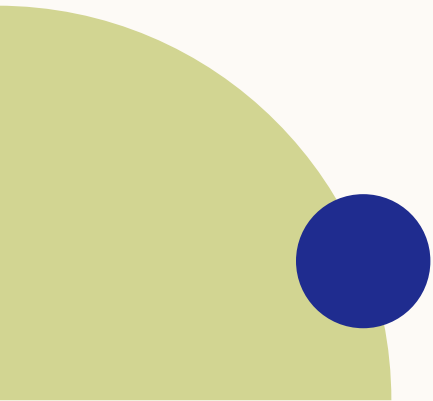
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Presentation title

SOCIAL MEDIA

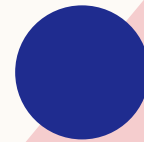
13



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.

Share your thoughts.



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

Talk with us.



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.

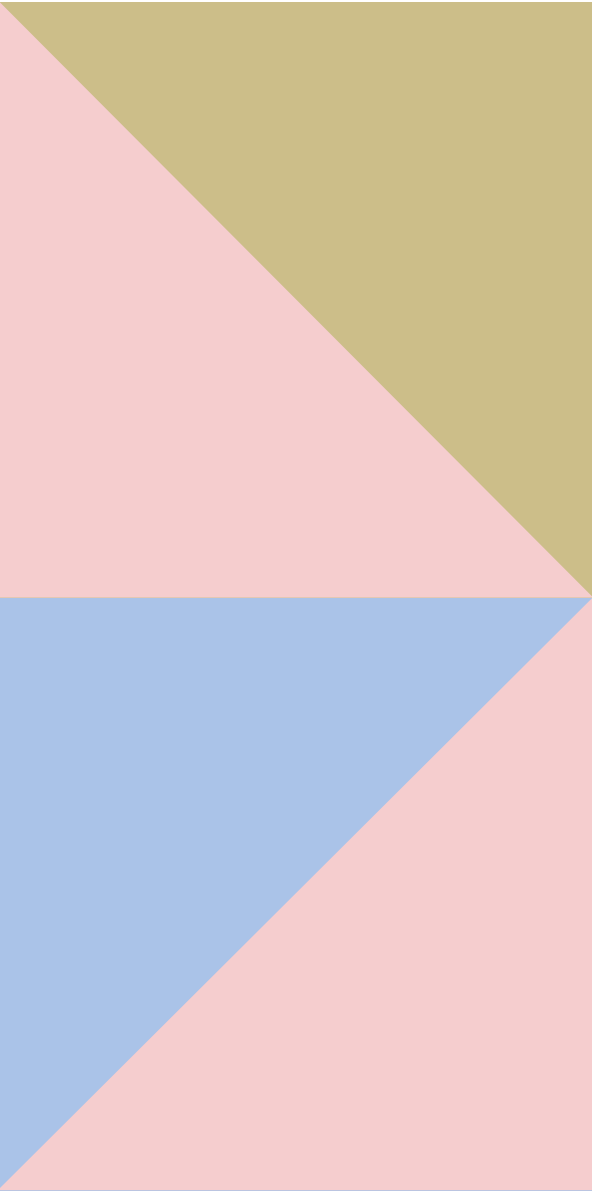


SEEKING HELP FOR YOUR TEEN

- Local Physician
- Local Mental Health Center
- Online resources
- Local Crisis Lines and 988

Be the lifeline.

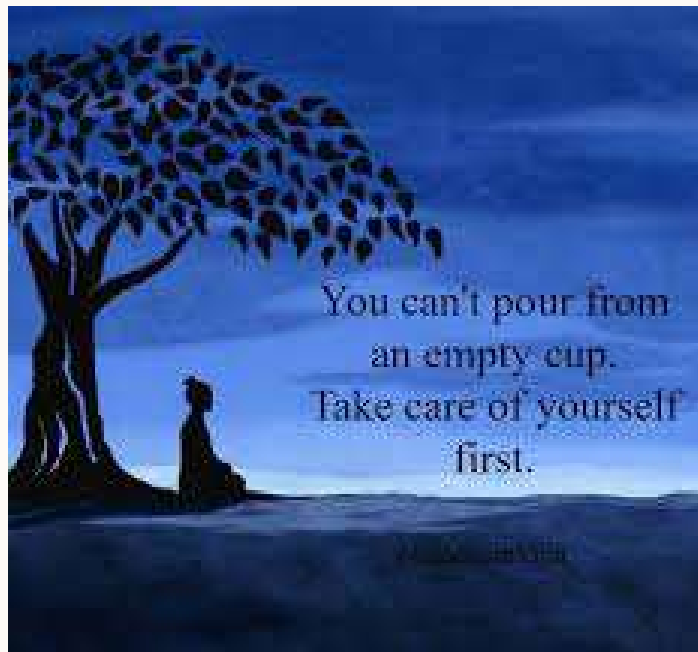




988
SUICID
& CRISIS
LIFELINE

If you or someone you know
needs support now,
call or text 988
or
chat [988lifeline.org](https://www.988lifeline.org)

TAKE CARE OF YOURSELF



REFERENCES

Damour (2023). “The Emotional Lives of Teenagers.” Random House Audio.

Hutcherson and Williams. (2021). “Seen: Despair and Anxiety in Kids and Teenagers and the Power of Connection.” Parentcue.org.