

inspired

[to make healthy choices]

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Supporting Teen Mental Health

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HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH	MAINTAIN OPEN LINES OF COMMUNICATION.	BALANCE SCREEN TIME AND SOCIAL MEDIA USE WITH OTHER ACTIVITIES.
	Spend time together, check in with them regularly and allow them to express their feelings.	Encourage them to engage in hobbies and social activities that they enjoy.
	PRIORITIZE PHYSICAL HEALTH.	LET THEM KNOW IT'S OK TO ASK FOR HELP.
	Remind them to stay active, eat well, sleep and avoid alcohol and other drugs.	Be proactive about getting support so they can learn healthy coping strategies and ways to manage difficult situations and emotions.

SIGNS OF MENTAL HEALTH ISSUES

(American Academy of Pediatrics, NAMI)

- ❑ Notable changes in sleep, eating habits or other everyday patterns
- ❑ Loss of interest in things they usually enjoy
- ❑ Withdrawing more than usual from friends, family and social activities
- ❑ Academic struggles that seem different
- ❑ Excessive worrying or fear
- ❑ Feeling excessively sad or low
- ❑ Refusing to talk about what's bothering them
- ❑ Signs of substance use
- ❑ Signs of self-harm such as cuts, burns, bruises, etc.

If you're concerned about your child's mental health, start by talking with them. Don't be afraid to reach out to your child's doctor or a mental health professional if you have concerns.

The [My GCAL App](#) is a resource designed to help young people experiencing a crisis access the [Georgia Crisis & Access Line \(GCAL\)](#) via chat, text or phone call 24/7/365.

My GCAL App can be downloaded via the Apple App Store and Google Play.

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