We visited your student’s class today—ask them what they learned!

- One in five teens lives with a mental health condition
- Mental health conditions are not anyone’s fault or something to be ashamed of
- 50% of mental health conditions emerge by age 14 and 75% by age 24
- Warning signs typically begin about two to four years before a mental health condition becomes serious
- Many young people who receive treatment and support early can achieve recovery and live healthy, full and productive lives

**Know the Warning Signs**

You know more about your son/daughter’s typical behavior than anyone else. This puts you in the best position to notice changes and know when it’s time to get professional help. Below is a list of warning signs to watch for:

- Feeling sad or withdrawn for more than 2 weeks
- Trying to harm or end one’s live or making plans to do so
- Severe, out-of-control, risk-taking behaviors that causes harm to self or others
- Sudden, overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Throwing up, using laxatives or not eating to lose weight; significant weight loss
- Seeing, hearing or believing things that are not real
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still leading to physical danger or failing at school
- Intense worries or fears that get in the way of daily activities

**Resources for Parents and Caregivers**

[www.nami.org](http://www.nami.org)
[www.teenshealth.org](http://www.teenshealth.org)
[www.thebalancedmind.org](http://www.thebalancedmind.org)
[www.p2pusa.org](http://www.p2pusa.org)
[www.kidsinthehouse.com](http://www.kidsinthehouse.com)
[www.teenmentalhealth.org](http://www.teenmentalhealth.org)
[www.parentcenterhub.org](http://www.parentcenterhub.org)
[www.mentalhealthchannel.tv](http://www.mentalhealthchannel.tv)

If you or a family member is showing signs of a mental health condition, trust your instincts and get help!

You are not alone. Recovery is possible. Early intervention is key.