

4 WAYS TO SUPPORT

a teen's mental health

LEARN

Get educated about common mental health and substance use challenges youth face, and learn how to respond with Youth Mental Health First Aid.

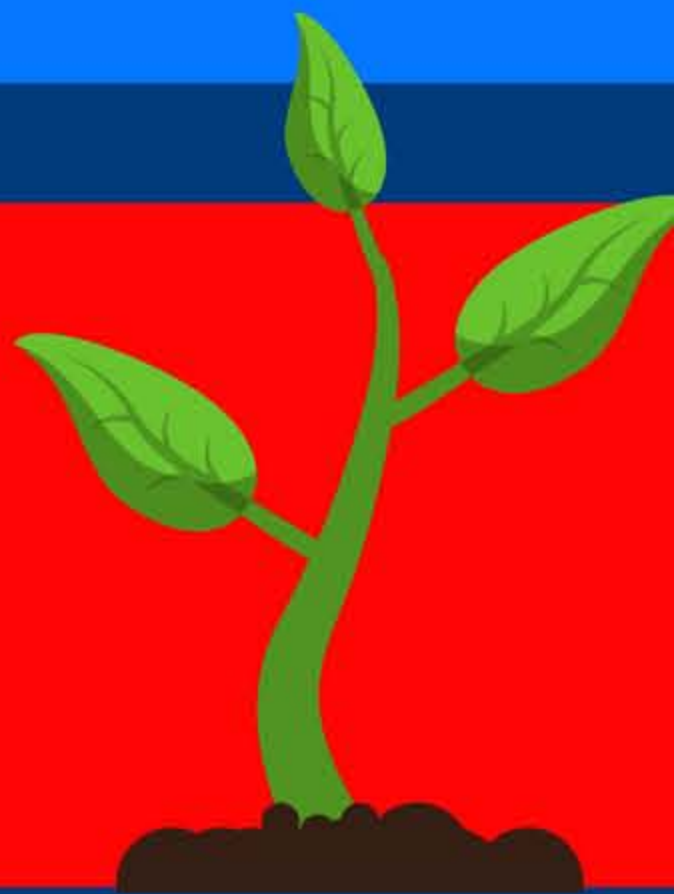


LISTEN

After engaging a young person in conversation about their mental health, listen non-judgmentally to help them feel heard and understood. Pay attention to your body language!

GIVE HOPE

Encourage the young person to maintain hope by saying that, with time and treatment, they will feel better. Offer hope for a more positive future.



BE AWARE

Know what resources are available nationally and in your community to help a young person in crisis, including the Crisis Text Line (741741).

BE THE 1 TO MAKE A DIFFERENCE 



MENTAL HEALTH FIRST AID®

Source: Mental Health First Aid USA
MentalHealthFirstAid.org