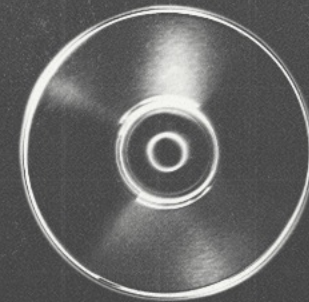


Generation to **GENERATION**

Uncommon Parenting Conference





Supporting Your Teen's Mental Health

ANN KEY, LPC-S, NIKAO COUNSELING

JOSH WALSH, LPC-S, NIKAO COUNSELING

HAPPY MADDEN, LPC, NIKAO COUNSELING

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Why we're here...

Recent Statistics

A CDC study published in February of this year found that from 2011-2021...

- Nearly 60% of adolescents reported feeling sadness every day for at least 2 weeks during the previous year, twice the rate among boys.
- The rate of major depressive episodes among U.S. adolescents increased by more than 52% between 2005 and 2017.
- Between 2007 and 2018, the suicide rate among Americans adolescents increased by nearly 60%.

Recent Statistics

- The number of teen suicide attempts in the U.S. increased significantly between 2019 and 2021.
- At some point in their development, 30% of children and adolescents will experience anxiety; 80% never receive help.
- One in three teenagers struggle with anxiety.
- If you have anxiety, your kids are 7 times more likely to deal with it themselves.

Statistics by Gender

- Girls are twice as likely as boys to suffer from anxiety
- Boys are taken in for treatment for anxiety more than girls
- One in three teen girls had considered taking their own lives between 2011-2021

FEELING CLOSE TO PEOPLE AT SCHOOL PROVIDES CRITICAL PROTECTION FOR STUDENTS DURING SEVERE DISRUPTIONS

Students who felt close to people at school

Students who didn't feel close to people at school

35%

53%

Experienced persistent feelings of sadness or hopelessness during the past 12 months

14%

26%

Seriously considered attempting suicide during the past year

6%

12%

Attempted suicide during the past year



For more information, visit cdc.gov/nchstp/newsroom



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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What is Mental Health

- Mental health refers to a person's emotional, psychological, and social well-being. It encompasses one's ability to handle stress, maintain healthy relationships, make sound decisions, and cope with life's challenges.
- Mental health is not about feeling good. Instead, it's about having the right feelings at the right time and being able to manage those feelings effectively.

Depression Symptoms

- Low mood
- Irritability
- Under or over sleeping
- Dramatically decreased or increased appetite
- Feelings of hopelessness
- Lasting 2 weeks or more

Suicidality

- Expressing thoughts of wanting to end one's life or no longer wanting to be alive
- Passive suicidal ideation vs. active suicidal ideation with intent
- Substance use increases risk of suicide attempt
- Asking about suicidal thoughts does NOT increase the likelihood that someone will attempt suicide
- Non-suicidal self-injury

Anxiety

- Anxiety vs. Fear
- Anxiety symptoms:
 - Excessive worrying
 - Feeling nervous, restless, or on edge
 - Sense of impending doom
 - Increased heart rate and breathing
 - Difficulty focusing on anything other than the present worry

When to Seek Out Help

- Duration
- Functioning
- Coping

12 Ways to Support Your Teen

1. Educate Yourself: Learn about anxiety and depression to better understand your teen's struggles and needs.
2. Seek Professional Help: Seek the guidance of a mental health professional for an accurate diagnosis and treatment plan.
3. Be Mindful of Warning Signs: Stay vigilant for signs of self-harm or suicidal thoughts. Ask your teen about suicidal thoughts. Seek immediate help if you have concerns about their safety.

12 Ways to Support Your Teen

4. Keep Open Communication: Encourage your teen to talk about their feelings and listen without judgement, advice, or fixing.
5. Create a Safe Environment: Foster a home environment where your teen feels safe and loved. Avoid criticism and be patient with their progress.
6. Encourage Healthy Habits: Promote regular exercise, a balanced diet, and sufficient sleep, as these can positively impact mental health.

12 Ways to Support Your Teen

7. Limit Stressors: Help your teen manage their responsibilities and commitments to reduce stress. Encourage time management and set realistic expectations.
8. Monitor Screen Time: Be mindful of your teen's online activities, as excessive screen time and social media can exacerbate anxiety and depression.
9. Encourage Social Connections: Support your teen in maintaining friendships and engaging in activities they enjoy.

12 Ways to Support Your Teen

10. Model Self-Care: Set an example by prioritizing your own mental health and practicing self-care.

11. Seek Your Own Support: Seek support from your community while being mindful of your teens feelings about sharing with others. Consider therapy sessions to improve communication and understanding within family relationships.

12. Be Patient: Recovery from anxiety and depression takes time. Celebrate small victories and provide ongoing emotional support.

Questions?