

MENTAL HEALTH TIPS FOR TEENS



BE KIND TO YOUR MIND

It's okay to have tough days. Notice your feelings without judgement. Treat yourself with the same kindness you would give a friend.



TALK ABOUT IT

Sharing how you feel can lighten the load. Talk to someone you trust – friends, family, a teacher or a counselor.



TAKE CARE OF YOUR BODY

Eat nourishing foods, drink water, get enough sleep and move your body. These simple habits can boost your mood and energy.



LIMIT NEGATIVE INPUT

Not everything online is accurate or helpful. Unfollow, mute or take breaks from content that makes you feel badly about yourself.



TAKE BREAKS

It's good to step away. Take breaks from homework, screens and social media. Give your mind time to rest and reset.



EXPRESS YOURSELF

Write, draw, dance, play music, create art – find healthy ways to express your thoughts and feelings.



DO THINGS THAT BRING YOU JOY

Make time for activities that make you feel happy, de-stress and help you be yourself.



SET REALISTIC GOALS

You don't have to be perfect! Break big tasks into small steps and celebrate your progress, no matter how small.

QUICK REMINDERS

- ★ You are not alone.
- ★ Your feelings are valid.
- ★ Asking for help is a sign of strength.
- ★ You matter - always.



NEED SUPPORT?

If you're feeling overwhelmed or struggling, you don't have to go through it alone. Help is available. Reach out to a trusted adult for help or find help here:

Text or Call 988

Suicide & Crisis Lifeline (24/7)

Text HOME to 741741

Crisis Text Line (24/7)

Text SAFE2 to 72332

Call 844-472-3345
Safe2HelpIL (24/7)

Text FRIEND to 62640

NAMI Teen Line
M-F 9am-9pm

You don't have to have everything figured out. Take care of yourself, ask for help when you need it, and keep believing in the person you are becoming. You matter, and the world is better because you're in it.

