

YOUTH

MENTAL HEALTH GUIDE

HEALTH

Balancing school, friendships, family expectations, and life can feel overwhelming. Ups and downs are normal. But pay attention to when difficult feelings last a long time or when they impact other areas of your life.

This guide helps you recognize signs and know how to ask for support. You are not alone.

Signs to Notice

FEELINGS & THOUGHTS

- Feeling sad, worried, angry, or numb often
- Feeling overwhelmed and unable to calm down
- Losing interest in things you used to enjoy
- Feeling hopeless
- Thoughts about hurting yourself or not wanting to be here

SOCIAL & BEHAVIOR

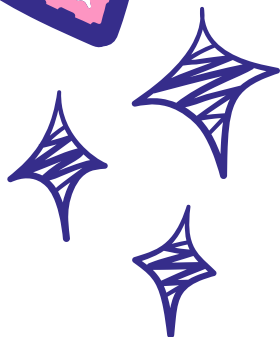
- Avoiding or distancing self from friends or family
- More arguments or trouble
- Feeling alone even around others

BODY & HABITS

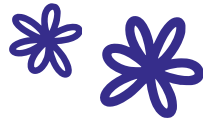
- Sleeping much more or less than usual
- Eating much more or less than usual
- Feeling tired most of the time

SCHOOL & FOCUS

- Grades dropping
- Trouble concentrating
- Skipping or avoiding classes
- Teachers noticing major changes



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Steps to Take



1 Notice the Changes

Ask yourself:

“When did this start?”

“Has it lasted a while?”

“Is it affecting school, sleep, or friendships?”

2 Don't Ignore It

Mental health struggles do not usually disappear on their own. Talking about it early makes getting help easier. You don't have to wait until things feel “really bad.”

3 Reach Out for Support

Talk to a trusted adult at school or home. You can say:

“I'm not okay.”

“I've been struggling.”

“Can we talk?”

If the first person doesn't respond the way you hoped, try someone else.

IMPORTANT

If you are thinking about hurting yourself or not wanting to be here, tell a trusted adult right away. If it's urgent, call 911.

Resources:

- School Guidance Counselor or Social Worker
- 988 Crisis Lifeline (call or text 988)
- Crisis Text Line: Text “HOME” to 741741
- Local community organizations that support immigrant families (ask school for in-language services)

