

# Teen Mental Health

The stresses and strains will impact your family similar to any other disease or illness and should be treated the same, with love and unconditional support.



Having a child with a mental health

condition can be a challenge, but there are ways to help make things easier. Each year, 1 in 5 kids aged 13-18 experiences a mental health condition. This means many parents have faced similar challenges and experiences as you.

How to continue helping your child:

- Learn all that you can - Educate yourself about the mental illness. Familiarize yourself with the facts, and learn from other parents' experiences with their kids.
- Talk with your child's school - Reach out to the teachers, administration, school counselors, and social workers so that effective intervention is put in place.
- Work with your child - Be patient and respectful of your child's feelings. Be open minded and find a "new normal".

For resources and more info, visit

<https://www.nami.org/find-support/family-members-and-caregivers/learning-to-help-your-child-and-your-family>