

# TEENS COMMUNICATION AND MENTAL HEALTH

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CONVRSATIONS WITH A COUNSELOR

PVHS COUNSELING DEPARMENT

# **STATISTICS**

1 in 5 young people between the ages of 9-17 have a diagnosable mental or addictive disorder.

# TYPES OF MENTAL HEALTH CONDITIONS

- DEPRESSION
- ANXIETY
- EATING DISORDER
- PSYCHOTIC Disorders

**LEFT UNTREATED MENTAL HEALTH  
CONDITIONS CAN WORSEN AND  
IMPACT A STUDENT'S DAILY LIFE**

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**NEGATIVE  
IMPACT**

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PHYSICAL HEALTH

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USE OF ALCOHOL OR DRUGS

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TRUANCY

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SCHOOL PERFORMANCE

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RELATIONSHIPS

# RECOVERY IS POSSIBLE

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With support and treatment, between 70% and 90% of individuals report reduced symptoms and improved quality of life.



## KNOW THE SIGNS

- LOSS OR INCREASED APPETITE
- CHANGE IN SLEEPING HABITS
- WITHDRAWING FROM SOCIAL ACTIVITIES
- USE OF ALCOHOL OR DRUGS
- NEGLECT OF PERSONAL HYGIENE

# WHAT CAN YOU DO

01

LISTEN DON'T  
JUDGE

02

DON'T  
MINIMIZE THE  
PROBLEM

03

ACKNOWLEDGE  
THEIR PAIN IS  
REAL



**TALKING ABOUT SUICIDE DOES NOT  
CAUSE SOMEONE TO BE SUICIDAL**

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RESEARCH SHOWS  
THAT PEOPLE WHO ARE  
HAVING THOUGHTS OF  
SUICIDE FEEL RELIEF  
WHEN SOMEONE ASKS  
THEM IN A CARING WAY

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**ENCOURAGE HEALTHY HABITS**





EXERCISE

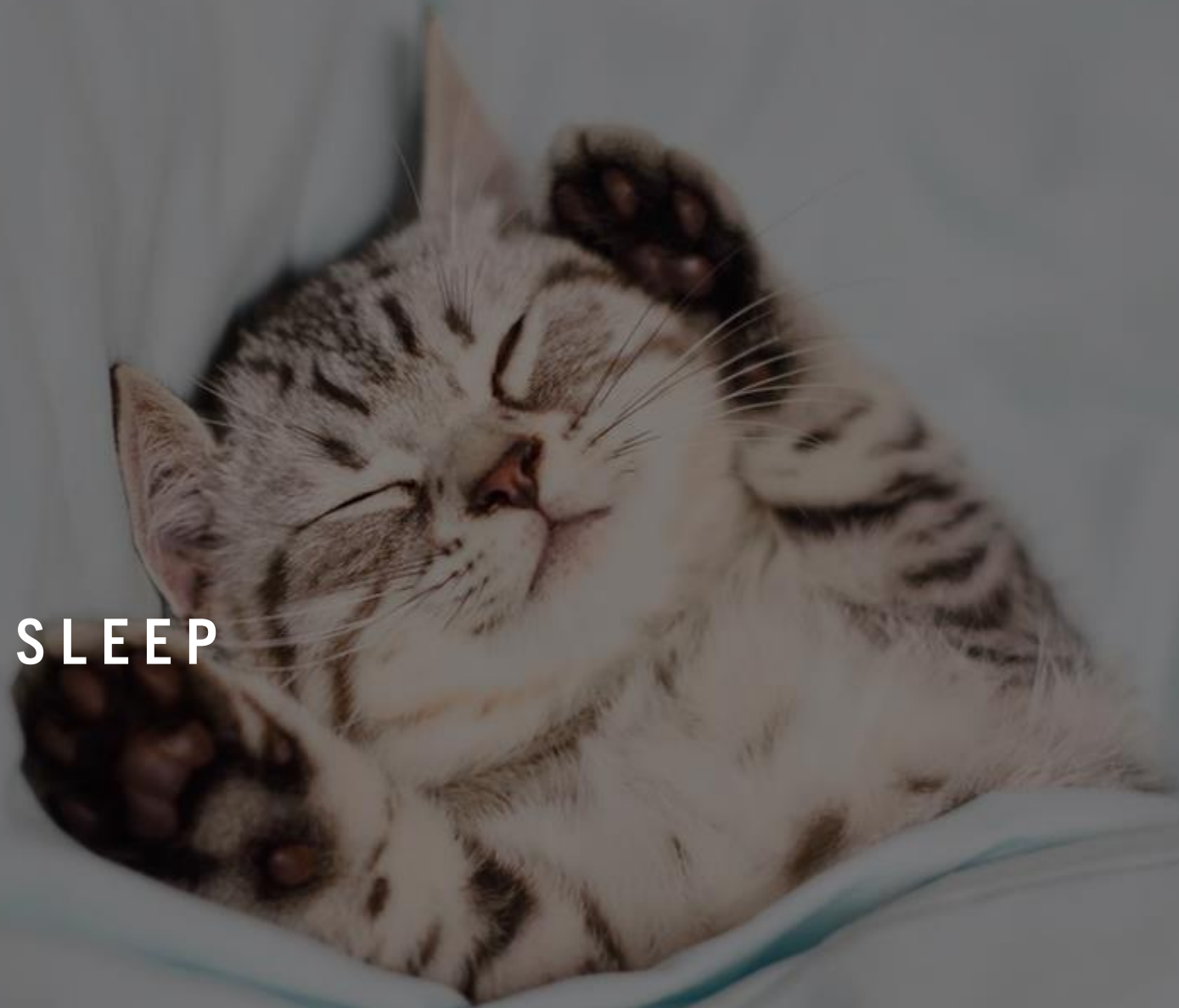
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ADEQUATE SLEEP

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EATING WELL

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**ENCOURAGE AND SUPPORT  
FRIENDSHIPS**

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# WHERE TO GO FOR HELP



PHYSICIAN



COMMUNITY  
RESOURCES



COUNTY  
BEHAVIORAL  
HEALTH



SCHOOL  
COUNSELOR



**SCHOOL BASED  
RESOURCES**



SCHOOL COUNSELOR



CRISIS INTERVENTION  
SPECIALIST



SCHOOL BASED  
THERAPIST

**ADDITIONAL  
RESOURCES**

SAFTY (Safe  
Alternatives for Treating  
Youth) 1-888-334-2777

NATIONAL SUICIDE  
LIFELINE 988