

# Mental health

## Mental health

Mental health is a crucial aspect of overall well-being. It is essential for caregivers to take care of their own mental health to provide the best care for their families.

## Depression, anxiety, and social stress

**Parents** - help your teens to manage stress by encouraging them to get enough sleep, take breaks as needed, engage in activities they enjoy, and model healthy coping mechanisms for them.

**Teens** - it is time to ask for help when difficulties with feelings and emotions, thinking or behaviors:

- Are too intense
- Cause too much distress
- Last more than two weeks
- Interfere with daily life causing difficulties sleeping, eating, concentrating, working, enjoying activities, and/or relating to others
- Lead us to withdraw from relationships
- Are accompanied by other problems like misuse of alcohol or drugs, thoughts of self-harm, or aggressive behaviors
- Lead to dangers behaviors and/or risky decisions

Find a local therapist by talking to your primary care provider for recommendations, or by searching on [Psychology Today](#).

## Peer pressure

Fostering positive friendships is important. Parents can help guide their kids toward healthier friendships. Here are some ways to help:

- **Stay involved.** Talk with your children about their lives and activities. Knowing what goes on can help you better guide them toward positive, healthy experiences.
- **Keep an eye on social groups.** Though children may identify with a certain peer group for a period, they often move from group to group. Try to steer them toward peers who support them in healthy ways.
- **Encourage kids to take part in healthy activities when they're with friends.** For example, going for a walk or hiking, playing recreational sports, or volunteering.
- **Provide ways for kids to take healthy social risks.** For example, find opportunities for teens to get involved with their community and meet new people with different perspectives. Or to meet someone who can teach them about a topic of interest.
- **Share examples from your own life.** Explain how you've found ways to meet new people and what activities you enjoy doing with others. Model the behaviors you'd like to see.
- **Create a sense of belonging and acceptance.** Kids can learn about healthy relationships from their family experiences.



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## Additional resources

[National Alliance on Mental Illness – Teens](#)  
[American Academy of Pediatrics – Mental Health Resources for Families](#)  
[Activities to Help Your Child Manage Anxiety](#)  
[Tips to Manage Depression](#)  
[Managing Disruptive Behaviors](#)  
[Managing Inattention, Impulsivity, and Hyperactivity](#)  
[Tips to Promote Social-Emotional Health](#)  
[CDC’s Suicide Prevention Resource for Action](#)

**If you, or someone you know, is thinking about suicide and seeking emotional support there are crisis lines available via phone, chat, or text:**

[Call 988 – Family and Social Services - Suicide Crisis Line](#)  
[Call 800.273.8255 – National Alliance on Mental Illness - National Suicide Prevention Hotline](#)  
[Text HOME to 741741](#)  
[Call 866.488.7386, Text START to 678678 - The Trevor Project for LGBTQ+](#)  
[Call 877.968.8491, Text teen2teen to 839863 - YouthLine](#)

## Parents

[Suicide Prevention – 12 Things Parents Can Do](#)  
[Be a Trusted Adult – National Alliance on Mental Illness](#)  
[Warning Signs and Symptoms – National Alliance on Mental Illness](#)

**If a suicide attempt has occurred, call 911 immediately or go to a nearby hospital emergency room.**

## Time management

[Creating Your Personal Stress-Management Plan](#)

## Social media and screen time

The American of Pediatrics recommends limiting recreational screen time to two hours per day.

[Screen Time Guidelines](#)  
[Family Social Media Plan](#)  
[Setting Safe & Healthy Media Limits](#)  
[Conversation Starters for Families Around Media](#)



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