

# Teen mental health: Signs to look for...

<b>Proceed</b> Normal teen behavior	<b>Watch &amp; Wait</b> May be of concern	<b>Warning!</b> Seek consultation
<b>Mood</b> <ul style="list-style-type: none"> <li>• A little sad sometimes</li> <li>• A little irritable/grumpy sometimes</li> <li>• A little anxious sometimes</li> </ul>	<b>Mood</b> <ul style="list-style-type: none"> <li>• Occasional bouts of feeling worthless or hopeless</li> <li>• Occasional angry outburst</li> <li>• Frequent irritability/grumpiness</li> </ul>	<b>Mood</b> <ul style="list-style-type: none"> <li>• Feels worthless, guilty, or hopeless often</li> <li>• Frequent panic attacks</li> <li>• Cries or overreacts frequently</li> </ul>
<b>Cognition</b> <ul style="list-style-type: none"> <li>• Forgets things occasionally</li> <li>• Sometimes has a hard time focusing</li> </ul>	<b>Cognition</b> <ul style="list-style-type: none"> <li>• Forgets things often</li> <li>• Difficulty concentrating or focusing in class</li> </ul>	<b>Cognition</b> <ul style="list-style-type: none"> <li>• Cannot concentrate or focus</li> <li>• Frequent thoughts of suicide or excessive thoughts of death</li> <li>• Racing thoughts</li> <li>• Unable to make up mind</li> </ul>
<b>Behavior</b> <ul style="list-style-type: none"> <li>• Occasionally sleepy or bored</li> <li>• Concern about weight but appears healthy</li> <li>• Rarely misses school work</li> <li>• Changes friends or activities but seems happy &amp; engaged</li> <li>• Changes appearance but well-groomed &amp; clean</li> </ul>	<b>Behavior</b> <ul style="list-style-type: none"> <li>• Can't sleep or oversleeping</li> <li>• Mild weight loss or gain</li> <li>• Preoccupation with weight/food</li> <li>• Some missing schoolwork</li> <li>• Occasional reluctance to go to school</li> <li>• Avoiding some social activities or friends</li> <li>• Experimentation with alcohol, smoking, or acting out</li> </ul>	<b>Behavior</b> <ul style="list-style-type: none"> <li>• Dramatic change in school performance</li> <li>• Refusal to go to school/do schoolwork</li> <li>• Sudden weight loss or gain</li> <li>• Dangerous or illegal behavior (drugs; alcohol; stealing)</li> <li>• Wanting to be alone all the time</li> <li>• Self-injury</li> </ul>

It is normal to feel down, anxious, unmotivated, or overwhelmed sometimes. Seek support when there is a sudden change in mood or behavior; when school or relationships are affected; or you have concerns about safety.