



MENTAL HEALTH

Teen/Adolescent Signs & Symptoms

Emotional

- Extreme mood changes, especially those that persist
- Uncontrollable “highs” or sadness for more than two weeks
- Excessive worrying, anxiety, or fear
- Prolonged or strong feelings of irritability or anger, even over small matters
- Difficulty perceiving reality (delusions or hallucinations)
- Feelings of sadness, including crying spells for no apparent reason
- Feeling hopeless or empty
- Intense fear of weight gain or concern with appearance
- Thinking about suicide, frequent thoughts of death and dying

Behavioral

- Changes in sleep patterns, sleeping more or less
- Loss of interest or pleasure in usual activities
- Changes in eating habits such as increased hunger, weight gain, or lack of appetite and weight loss
- Inability to carry out daily activities or handle daily problems and stress
- Agitation or restlessness—pacing, hand-wringing or inability to sit still
- Frequent visits to school nurse or counselor
- Angry outbursts, disruptive or risky behavior, or other acting out behaviors
- Increased conflict or aggression at home or school
- Self-harm—cutting, burning, or excessive piercing or tattooing
- Making a suicide plan or suicide attempt

Physical

- Multiple physical ailments without obvious causes (vague and ongoing aches and pains)
- Change in energy level, either low energy or hyperactive
- Neglect of personal appearance and hygiene
- Frequent stomachaches, headaches, backaches

Substance Use

- Underage drinking
- Use of illegal drugs
- Prescription drug misuse and abuse
- Associating with drug using peers

Consequences in School and with Friends

- Changes in academic performance
- Confused thinking or problems concentrating and learning
- Avoiding friends and social activities
- Poor school performance and frequent absences from school
- Fear, worry, or refusal to go to school

If you are concerned about a change in a young person close to you, it is important to know that these signs and symptoms may not occur at the same time, in any certain order or with any great frequency for you to take action.

Free Assessments

- Insurance/Medicaid approved
- Accredited by The Joint Commission

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