

Mental Health Care For Your Teen: When to Get Help

Your teen's mental health is important. As their parent, you may be the first person to notice if your teen is struggling. Making the decision to seek out help can be hard. At CHN, we are here for you and your teen every step of the way and can provide you with needed support.

Talking with your teen. If you are worried about your teen, start by gently trying to talk with them about how they are feeling and what they may be going through. An open and honest conversation about feelings can often help.



Watch for signs that your teen might be struggling.

If you see any of these signs, getting a mental health screening) for your teen may be helpful to figure out what is going on. **Some signs to look for include:**



- Getting lower grades at school
- Sleeping too much or too little
- Eating too much or too little
- Issues coping with stress
- Trouble focusing at school or at home
- Strong feelings of worry or anxiety
- Feeling sad, hopeless, worthless, or bad about themselves
- Angry outbursts that happen often
- Acting out sexually
- Repeated alcohol and/or drug use
- Thinking about hurting themselves or others

Find resources and support. At CHN, our trained social workers and therapists are here to help. We offer mental health screenings, counseling, and other support services. [Talk with a CHN provider to learn more!](#)



Mental Health Visits at CHN: What to Expect

As a parent, you may have questions about what mental health care at CHN might look like for your teen. [Review our frequently asked questions \(FAQ\) below to learn more about what you can expect at these visits.](#)

What mental health services are offered for teens at CHN?

Teens can get therapy (counseling) and psychiatric medicine management at CHN. If your teen needs more care, CHN can help connect you to the right place.

What does parental involvement look like for these visits?

Confidential (private) care between your teen and their health care team is important. There may be topics your teen is more comfortable speaking to us about than their friends, family, or teachers. However, parents/caregivers and others will be told if your teen tells us something concerning their safety or the safety of other people (for example, if your teen is thinking about harming themselves or others).

Are parents involved in decisions about psychiatric medicines?

Yes - parents/caregivers will be involved with visits where decisions about psychiatric medicines are made for their teen. At these visits, we will talk about to you and your teen about how these medicines can help and any risks or side effects to know about. As the parent, you will need to consent (agree) for your teen to start taking psychiatric medicines if they are under the age of 18.

Talk with a CHN provider if you have more questions!