

MENTAL HEALTH DURING COVID-19

FOR TEENS



HOW TO HELP YOURSELF:

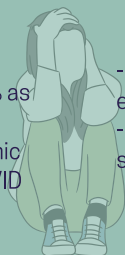
- Recognizing your symptoms
- Coping and next steps

And some statistics



DEPRESSION

- COVID has tripled depression rates: 27.8% as of mid-April compared to 8.5% before the pandemic
- Main stressors are COVID related



ANXIETY

- 55% of teens say they've experienced anxiety
- 45% of teens say they suffer from excessive stress

MENTAL HEALTH DURING COVID-19

- 81% of teens say mental health is a significant issue for young people in the U.S.
- 64% of teens believe that the experience of COVID-19 will have a lasting impact on their generation's mental health
- 61% of teens said that the COVID-19 pandemic has increased their feeling of loneliness

RECOGNIZING YOUR SYMPTOMS

Have you been feeling as if...

- You've been having more negative thoughts than usual?
- You've been having trouble sleeping/staying asleep?
- You can't concentrate or pay attention?
- Hearing the news only makes you more anxious?



Do you feel as though...

- You have friends to confide in?
- Adults to confide in?
- Resources available to you?

- Stay in contact with friends and family
 - Try not to isolate yourself
- Give yourself short breaks from checking the news
- Confide in trusted adults such as family members, teachers, counselors, etc.

COPING STRATEGIES

- Find ways to engage with nature
 - Get exercise
- Engage in something you love to do/a hobby
 - Avoid alcohol & drugs
- Keep a healthy sleeping and eating schedule

YOU CAN TAKE ACTION BY...

Keep yourself educated and educate those around you

Seek help
through a trusted
adult

Follow one or
more of the
coping
mechanisms
above


Reach out for help
through a resource
linked on this
brochure

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HOW TO HELP YOUR LOVED ONES:

- Empathizing and listening
 - Finding support and educating
- And some interactives 

EMPATHY

Ask:

- How can I help?
- What can I do for you?

Remember:

- You don't need to have gone through the same experiences to have felt the same emotions



LISTENING

Sometimes being there to listen and being supportive can make the biggest impact

Validate their emotions

HELP THEM FIND SUPPORT

- Offer them resources from this brochure
- Encourage them to get help

EDUCATE YOURSELF AND OTHERS

- Educate yourself and others on depression & anxiety
- Spread awareness



YOU'RE NOT ALONE! READ THIS ARTICLE:

<https://www.nytimes.com/2020/11/12/health/covid-teenagers-mental-health.html>

"Teens in Covid Isolation: 'I Felt Like I Was Suffocating'"

VIDEO GAMES CAN HELP DEPRESSION:

<https://www.nytimes.com/2019/03/24/technology/personaltech/depression-anxiety-video-games.html?auth=login-google>

"Depressed and Anxious? These Video Games Want to Help"

Try playing one of the games listed in the article!



RESOURCES

- National Suicide Prevention Lifeline:

1-800-273-TALK (8255) for English
1-888-628-9454 for Spanish

- Lifeline Crisis Chat:

<https://suicidepreventionlifeline.org/chat/>

- Crisis Text Line:

Text HOME to 741741 to connect with a crisis counselor

