



# Depression, Anxiety and Self-Care

## Tips and Resources for Teens and Parents

**13% of U.S. teens** said they experienced at least one major **depressive** episode in the past year  
**36% of teen girls and 23% of teen boys** said they felt **tense** or **nervous** about their day every or almost every day Source: Pew Research Center, 2019

### *Tips for parents of teens:*

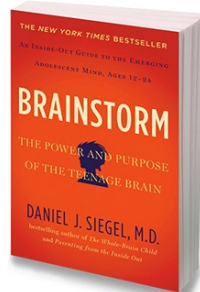
- ◆ Learn more about mental health, the teen brain and development. Assess how you can make adjustments to your teen's developmental stage and challenges.
- ◆ Observe and note any changes in mood or behavior.
- ◆ Ask open-ended questions and actively listen.
- ◆ Strive to not take your teen's actions personally.
- ◆ Discuss with your teen ways to increase the ratio of positive to negative interactions with your teens
- ◆ Assess and engage in self-care strategies. Find free assessments online.
- ◆ Consult your child's doctor, a school counselor, and a therapist for information and recommendations.

### *Tips for teens:*

- ◆ Learn more about mental health, your teenage brain and development. This can help normalize what you are experiencing and lead to greater understanding.
- ◆ Have your annual check-up with your doctor. Ask questions and discuss changes and concerns.
- ◆ Provide your parents with an update on how you are doing and your ideas or plan to address a challenge. This can increase positive communication and interactions with them.
- ◆ Talk to a school counselor or ask to speak with a therapist to explore ways to destress, boost your mood, improve your relationships, and make progress toward your goals.

## Resources:

Book by Dr. Dan Siegel:  
*The Power and Purpose of the Teenage Brain*  
[www.drdansiegel.com](http://www.drdansiegel.com)



### Other websites:

- ◆ <https://namigulfcoast.org/>
- ◆ <https://gulfcoastcenter.org/>

### What Should I Do If I am Considering Suicide or Harming Myself?

If you are in crisis and need help, call this toll-free number for the **National Suicide Prevention Lifeline (NSPL)**, available 24 hours a day, every day: 1-800-273-TALK (8255). The service is available to everyone. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. You can also visit the Lifeline's website at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

The **Crisis Text Line** is another free, confidential resource available 24 hours a day, seven days a week. Text "HOME" to 741741 and a trained crisis counselor will respond to you with support and information over text message. Visit [www.crisistextline.org](http://www.crisistextline.org).

Source: National Institute of Health, 2018, "Teen Depression"

For more information on Counseling Connections for Change services:

☎ 281.485.9280

[www.counselingconnections.org](http://www.counselingconnections.org)

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