



Episode 13, “Teen Mental Health”

What is Mental Health?

- [What exactly is mental health?](#) The Mental Health Services Administration has a breakdown including how to identify it and how to talk about it!

How to Identify Signs of Struggle

- How do you know if your child is dealing with mental health issues?
[Check out this article.](#)
- Unsure if you can help and curious if a professional is needed?
Read through these articles that highlight what to look for and how to get help!
[How to Know When to Seek Therapy](#) and [Tips for Talking With a Health Care Provider](#)

How to Start Helping

- Don't know if you may be projecting on your child or even what projecting means?
Check out this [article on what parental projection is](#) and how it impacts children.
- [Creating a safe space for your child](#) is incredibly important, check out how to create this type of environment through these resources.
- Read Atrium Health's guide on [meaningful checking-ins with your teenage child](#).

Resources for Parents and Children

- Explore the organization, YES Youth Enrichment Services, to check out [information on various mental health and prevention services](#).
- Curious about how social media affects children's mental health and what you can do about it?
Check out the [U.S. Surgeon General's advisory on social media and youth mental health](#).
- The [Patchogue-Medford Public Library has social workers](#) that you can speak with if you need help!
- Check out this series of [informational videos about mental health](#) from the American Academy of Pediatrics.
- P.S. I Love You is an organization that emphasizes that no one is alone in their struggles. Read through their [website](#) and learn more.