

Mental health

In 2021, 42% of students reported feeling sad or hopeless. Poor mental health is more than feeling a little sad, it can impact many parts of your life. It may cause teens to struggle in school, affect decision making, and impact overall health. It is important that teens know that they can ask for help. Removing stigma is key.

What causes mental health conditions?

Mental health conditions are among the most common health conditions in the U.S. Having a mental health condition is nothing to be ashamed of. There is no singular cause, but there are contributing factors, such as:

- Biological factors or chemical imbalances in the brain
- Adverse childhood experiences (ACEs)
- Experiences related to chronic medical conditions
- Alcohol or drug use
- Having persistent feelings of isolation or loneliness

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**For additional
information, contact
Olivia Hesler at
ohesler@health.in.gov**



**Indiana
Department
of
Health**

Division of
**Family Health
Data and Fatality
Prevention**

Mental Health Matters



**Indiana
Department
of
Health**

*Your
mental
health
is a
priority*

Understand the signs

It might be time to talk to someone if you, or someone you know, experience these symptoms:

- A loss of interest in previously enjoyed things
- Feeling disconnected
- Changes in sleep or appetite
- Struggling to stay focused and organized
- Increased nervousness
- Dramatic mood swings
- Increased sensitivity

How to take care of your mental health

Self-care to improve your physical and mental health can make a big impact. Here are some tips to start being kind to your mind:

- Stay connected to friends and family who can provide you support
- Try relaxing activities, like listening to music, meditating, or reading
- Go for a walk. Even if it is short, it can help boost your mood
- Make sleep a priority
- Express how you feel
- Talk to loved ones
- Accept and value yourself

What if I need more help?

Help is available!

Talk to someone about your mental health and be as honest as possible.

Find mental health services near you by going to findtreatment.gov

Resources

988 Suicide & Crisis Lifeline

National Suicide Hotline:

Call 1-800-273-8255, Text "IN" to 741741

Trevor Project (LGBTQ+ youth):

Call 866-488-7386, Text "TREVOR" to 202-304-1200

Teenager Crisis Service:

Text "SAFE" and your location to 4HELP (44357)

Learn more information and details about teen mental health:



Connect with your local health department to find more resources near you:



Get started chatting with a local crisis counselor:



You are not alone.

988

SUICIDE & CRISIS
LIFELINE