

Calls for help: you can't always hear them

Be sure you know the signs

Teenagers face many difficult challenges and struggles during these years. Some may be pre-occupied with their friends or with other behaviors that parents might not be aware of. Others may struggle with the stress of school and friends or face different types of social anxiety.

It is normal to worry that your teen may be affected by different mental health issues including depression, an eating disorder, anxiety or be involved in risky behavior such as using drugs and alcohol, experimenting with sex or acting out by committing crimes.

Teenagers can be unpredictable and act out in many different ways. Some of their behavior can be explained by “just being a teenager”, but as a parent there are warning signs that you should watch for.

Concerning Behaviors

- Constant sadness or withdrawn
- Lack of energy or motivation
- Extreme weight loss or gain
- Changes in sleep patterns
- Avoiding family members
- Self-inflicted injuries
- Low self-esteem and confidence
- Dramatic changes in behavior
- Keeping secrets
- Constant lying
- Disrespectful towards others

An estimated 67% to 70% of youth in the juvenile justice system have a diagnosable mental health disorder ¹

Don't ignore the signs—get help for your teen. If your teen has acted out or displays any of these concerning behaviors for a long period of time you should speak to someone about your teen.

Access your program today by calling at any time, day or night, or visit us online at MagellanHealth.com/member.

**Independence Blue Cross,
Family of Companies EAP
1-800-424-4238**

For TTY Users: 1-800-456-4006
Magellan Self-Screening: 1-866-272-4093

1. Adolescent Mental Health in the United States, Facts for Policymakers, Susan Wile Schwarz, June 2009 www.nccp.org/publications/pub_878.html#16