

Parent Wellness Support

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With Joy Phillips, Wellness Counselor

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Agenda

- Check-in
- Mental Health Red Flags
- Supporting Your Teen's Mental Health
- Resources
- ????



Check-in

- Please introduce yourself.
- How are you doing?
- Is there anything that you or your family need support with this week?
- Please share a “win” or something you are grateful for this week.



Mental Health Red Flags

- **Bad sleep patterns**
- **Increased irritability**
- **Feelings of hopelessness**
- **Increased stomachaches and headaches**
- **Increased tearfulness**
- **Unexplained sadness or worry**
- **Social withdrawal**
- **Poor focus and difficulties with attention**
- **Excess fear about the safety of family members**

Don't be surprised to see your teen display some of these symptoms, particularly with everything going on in the world. Most of these symptoms should subside after a day or two. However, should they occur in groups or continue for a week or more, please seek help from a mental health professional immediately.



Supporting your Teen's Mental Health

- Model healthy behavior and self-care strategies
- Compromise, while keeping them safe
- Help put things in perspective (gratitude is helpful!)
- Create a safe space for teens to vent and talk about their feelings
- Check in with them and be direct if you are concerned about their well-being
- Reach out for support if you need it!



Starting the Conversation

If you are concerned about your teen, try starting the conversation with an observation about their behavior:

“I’ve noticed you’ve really been having trouble waking up in the morning, and that’s not typical for you. Are you feeling depressed or anxious?”

“Some people feel hopeless right now or like they just don’t want to be here anymore. Are you feeling anything like that?”

Be direct and explicit about your concerns and let them know you won’t be judgemental about what they tell you, even if it is hard to hear.



Resources

Check out the [Counseling and Wellness Resources](#) link.

Additional resources:

[Anxiety & Depression Red Flags While Social Distancing](#)

[TEENS AND A PANDEMIC: MENTAL HEALTH WARNING SIGNS](#)

[Boosting your teen's mental health during a pandemic](#)

Continue reaching out to counselors, teachers, administrators if you or your student needs support-- we are all here for you!

