

Handout for Parents and Teens

When to Seek Help

Counseling can be beneficial anytime you are concerned about mental health issues, but it is time to seek help when you recognize these signs:

- Anxiety and depression, beyond the normal ups and downs
- Loss of interest in activities that use to be enjoyable
- Suicidal thoughts or feelings of hopelessness
- Self-harm or self injurious behavior
- Withdrawal from friends or family
- Constant physical unwellness
- Irritability, aggression, or hostility
- Persistent insomnia or sleep disturbances
- Difficulties with school (grades/attendance)
- Changes in appetite, weight, or energy level
- Obsessions with food, dieting, or body image
- Sudden personalities changes or moods swings
- Persistent negative self-talk or feelings of worthlessness

For urgent care, there are skilled people ready to help right now:

TEENLINK is a Hotline run by teens/answered by teens, 6pm to 10pm every night
206) 461-4922

Snohomish County Crisis Helpline—425) 388-7215

National Suicide Prevention Lifeline—800) 273-8255

A resource to locate Mental Health professionals in your community can be found at www.PsychologyToday.com, or talk with your School Counselor about referrals.