



Is your teen **worried** about an uncertain school year?

High schoolers and college students are facing rising levels of depression and anxiety during the pandemic.

- They may be torn between wanting to see their friends and being afraid of contracting the virus.
- If learning virtually, they may feel isolated and miss their friends.
- They may still be hurting over missed opportunities from the spring and summer.
- They may feel guilty for actions they took that may be negatively affecting other members of their household.
- They may be fearful of the future and the unknown.

THINGS TO KEEP IN MIND:

- Stress affects everyone.
- Not everyone reacts to stress in the same way.
- Not all stress is bad.

Even so, most teens and young adults are aware that the pandemic threatens everyone's safety and they may be feeling anxious and depressed. For this reason, it's even more important to watch for warning signs.

SIGNS AND SYMPTOMS YOUR TEEN MAY NEED HELP CAN INCLUDE:

- Anxiety/depression
- Panic attacks
- Hyperactivity
- Restlessness/insomnia
- Excessive crying or irritation
- Extreme worry or sadness
- Unhealthy eating or sleeping habits
- Irritability or "acting out" behaviors
- Poor academic performance or avoiding schoolwork
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco or other drugs
- Suicidal/homicidal ideation