



BlueResource<sup>SM</sup> – Emotional Wellbeing – Protecting Your Teen's Emotional Health

## Tune in to Your Teen

Teenage drama is often blamed on hormones. In reality, teens face a lot of pressures. Social media bullying, the lure of drugs, alcohol and teenage sex all present risks. Mental health issues are common at this age and roughly half begin by the age of 14. Reach out for help if you notice these signs:

- sadness for two or more weeks
- changes in mood or personality
- risky, out-of-control behavior
- sudden, intense fear for no reason
- not eating or throwing up to lose weight
- drug and alcohol use
- seeing or hearing things that aren't real
- self-harm or attempted suicide



**Getting help early is vital to your teen's mental health.**

**Sources:** *Teen and Young Adults*. National Alliance of Mental Illness. 2020.  
*Getting the Right Start*. National Alliance of Mental Illness. 2020.  
*Substance Use and Sexual Risk Behaviors*. Centers for Disease Control and Prevention. 2018.

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