Teen Mental Health

URL of this page: http://www.nlm.nih.gov/medlineplus/teenmentalhealth.html

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful and sometimes severe. You might need help if you have the signs mentioned above, or if you

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, diet and/or binge-eat obsessively
- Hurt other people or destroy property
- Do reckless things that could harm you or others

Mental health problems can be treated. To find help, talk to your parents, school counselor or health care provider.

National Mental Health Information Center

Start Here

  Also available in Spanish [http://familydoctor.org/familydoctor/es/teens/emotional-well-being/understanding-your-teenagers-emotional-health.printerview.all.html]

Overviews


Latest News


Diagnosis/Symptoms
• Comprehensive Psychiatric Evaluation
  Also available in Spanish
  [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/Evaluacion_Siquiatrica_Comprehensive_52.aspx]


**Treatment**

• 11 Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent
  Also available in Spanish
  [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/11_Preguntas_a_Hacerse_Antes_de_Comenzar_el_Tratamiento_Siquiatrico_de_su_Nino_o_Adolescente_32.aspx]

• Antidepressant Medications for Children and Adolescents: Information for Parents and Caregivers

• Antidepressants for Children and Teens
  [http://www.mayoclinic.com/print/antisepsants/MH00059/METHOD=print] (Mayo Foundation for Medical Education and Research)

• Antipsychotic Medicines for Children and Teens: A Review of the Research for Parents and Caregivers
  Also available in Spanish
  [http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productcid=1365&ECem=121220]

• Continuum of Care for Children and Adolescents
  [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/The_Continuum_Of_Care_For_Children_And_Adolescents_42.aspx] (American Academy of Child and Adolescent Psychiatry)
  Also available in Spanish

• Going to a Therapist [http://kidshealth.org/teen/your_mind/mental_health/therapist.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/therapist_esp.html]


• Psychotherapies for Children and Adolescents
  Also available in Spanish

• Residential Treatment Programs

**Coping**

• Coping with Cliques [http://kidshealth.org/teen/your_mind/problems/cliques.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/deal_chronic_illness_esp.html]
• Emotional Health (For Young Men) [http://www.youngmenshealthsite.org/menu_emotional.html] (Children's Hospital Boston)


Your Feelings [http://www.girlshealth.gov/feelings/] (Department of Health and Human Services, Office on Women's Health)

**Specific Conditions**

- **About Teen Suicide** [http://kidshealth.org/parent/emotions/behavior/suicide.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/suicide_esp.html]

- **Age-Related Reactions to a Traumatic Event** [http://www.nctsn.org/nctsn_assets/pdfs/age_related_reactions.pdf] (National Child Traumatic Stress Network)
  - PDF

- **Anxiety Disorders** [http://kidshealth.org/teen/your_mind/mental_health/anxiety.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/anxiety_esp.html]


  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/body_image_esp.html]

- **Depression** [http://kidshealth.org/teen/your_mind/mental_health/depression.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/depression_esp.html]

- **Depression and High School Students** [http://www.nimh.nih.gov/health/publications/depression-and-high-school-students/depression_and_high_school_students.shtml] NIH (National Institute of Mental Health)


- **Fears and Phobias** [http://kidshealth.org/teen/your_mind/mental_health/phobias.html] (Nemours Foundation)

  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/male_bodyimage_esp.html]

- **How Can I Stop Cutting?** [http://kidshealth.org/teen/your_mind/problems/resisting_cutting.html] (Nemours Foundation)


- **Posttraumatic Stress Disorder** [http://kidshealth.org/teen/your_mind/mental_health/ptsd.html] (Nemours Foundation)

- **Seasonal Affective Disorder** [http://kidshealth.org/teen/your_mind/mental_health/sad.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/sad_esp.html]

  Also available in Spanish [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/El_Infligirse_Heridas_en_los_Adolescentes_73.aspx]

- **Social Phobia** [http://kidshealth.org/teen/your_mind/mental_health/social_phobia.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/social_phobia_esp.html]

- **Trichotillomania** [http://kidshealth.org/teen/your_mind/mental_health/trichotillomania.html] (Nemours Foundation)

**Related Issues**

- **BAM! Guide to Getting Along** [http://www.cdc.gov/bam/life/getting-along.html] (Centers for Disease Control and Prevention)
Prevention
- Building Resilience in Children and Youth Dealing with Trauma [http://www.samhsa.gov/children/trauma_resilience.asp] (Substance Abuse and Mental Health Services Administration)
- Depression: Fact Sheet for Parents [http://www.acog.org/-/media/Departments/Adolescent%20Health%20Care/Teen%20Care%20Tool%20Kit/Depression_4_Parents.aspx] (American College of Obstetricians and Gynecologists) - PDF

Financial Issues
Clinical Trials
- ClinicalTrials.gov: Teen Mental Health [NIH (National Institutes of Health)]

Research
- Anxiety Disorders in Children and Adolescents [NIH (National Institute of Mental Health)]
- Bipolar Disorder in Children and Adolescents [NIH (National Institute of Mental Health)]
- Brain Development During Childhood and Adolescence [NIH (National Institute of Mental Health)]
- Depression in Children and Adolescents [NIH (National Institute of Mental Health)]
- Emergency Department Suicide Screening Tool Accurately Predicts at Risk Youth [NIH (National Institute of Mental Health)]
- Many Teens Considering Suicide Do Not Receive Specialized Mental Health Care [NIH (National Institute of Mental Health)]
- Psychotropic Medications Are Prescribed Appropriately Among U.S. Teens [NIH (National Institute of Mental Health)]

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
- Article: Relationship of the gap between experience and language with mental... [NIH (National Library of Medicine)]
- Article: From tragedy to opportunity: investing in students’ mental health and... [NIH (National Library of Medicine)]
- Teen Mental Health -- see more articles [NIH (National Library of Medicine)]
- Teen mental health problems -- see more articles [NIH (National Library of Medicine)]

Dictionaries/Glossaries
- Glossary of Symptoms and Mental Illnesses Affecting Teenagers [American Academy of Child and Adolescent Psychiatry]

Directories
- Mental Health Treatment Program Locator [Substance Abuse and Mental Health Services Administration]
Organizations

- American Academy of Child and Adolescent Psychiatry [http://www.aacap.org/]
- KidsHealth [http://kidshealth.org/] (Nemours Foundation)

Statistics

- Adolescent Substance Abuse and Mental Health Issues by State [http://www.samhsa.gov/statesinbrief/] (Substance Abuse and Mental Health Services Administration)
- Major Depressive Episode among Full-Time College Students and Other Young Adults, Aged 18 to 22 [http://www.samhsa.gov/data/2k12/NSDUH060/SR060CollegeStudentsMDE2012.htm] (Substance Abuse and Mental Health Services Administration)
- Major Depressive Episode and Treatment among Adolescents [http://oas.samhsa.gov/2k9/youthDepression/MDEandTXTforADOL.htm] (Substance Abuse and Mental Health Services Administration)

Patient Handouts


You may also be interested in these related encyclopedia pages:


You may also be interested in these related MedlinePlus topics:

- Drugs and Young People [http://www.nlm.nih.gov/medlineplus/drugsandyoungpeople.html]

The primary NIH organization for research on Teen Mental Health is the National Institute of Mental Health [http://www.nimh.nih.gov]

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