



Support Your Teen's Mental Health

- Acknowledge your teen's emotional pain
- Offer reassurance when facing fears
- Consider help from a professional
- Educate yourself about how the body reacts to anxiety
- Let your teen know: "It's ok not to be ok"

Call 2nd Floor Hotline at 1-888-222-2228 or access services from one of our Family Support Organizations at 1-877- 652-7624.

