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Pre-Teen & Teen Mental Health Guide for IL Parents



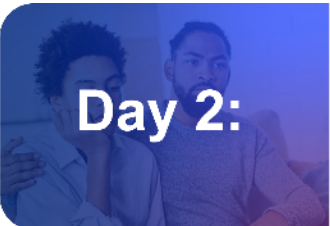
Hi <<First Name>>,

If you're worried about your teen's mood swings, social drama, or the hours they spend on their phone — you're not alone. Maybe your once-chatty kid now answers in one-word responses. Or perhaps you're wondering if their anxiety is "just a phase" or something more.

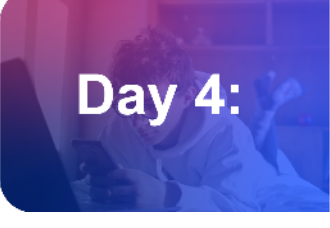
Here's what every parent needs to know: Between ages 13-19, your teen's brain is going through its biggest renovation since toddlerhood. You've just taken an important step in learning more about what you can do to support them. This guide (delivered by email) is designed to help you understand and support your teen's mental health with clarity, compassion, and confidence.

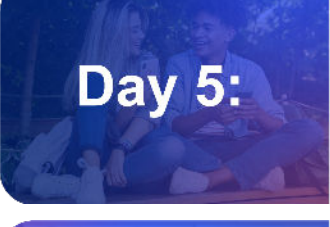
Through the next 6 days, we'll send you short, practical emails that will explore these topics:

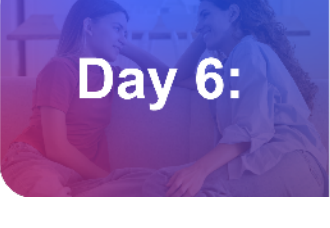
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Day 1:
- Understanding Teen Growth**
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Day 2:
- Common Mental Health Concerns, Like Anxiety and Depression**
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Day 3:
- What to Look for – When to Worry and When to Watch**
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Day 4:
- Navigating Social Media and Screen Time**
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Day 5:
- Healthy Relationships and Sexuality – Their Impact on Emotional Health and Development**
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Day 6:
- Building Resilience – Ways to Help Your Teen Cope, Grow, and Thrive**

Each email takes just 5 minutes to read and includes specific things you can try this week. *No therapy degree required.*

Here's the truth:

Your teen may act like they don't need you, but research shows parents remain the most important influence during these years. Even when they roll their eyes. Even when they slam doors. Even when it feels like you're getting everything wrong.

You've already taken the hardest step by signing up. Tomorrow, we'll start with the basics — including three simple ways to tell if your teen is struggling or just being a teenager.

You've got this, and we've got you.

With care,
The ICAAP Team

Get Connected!



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