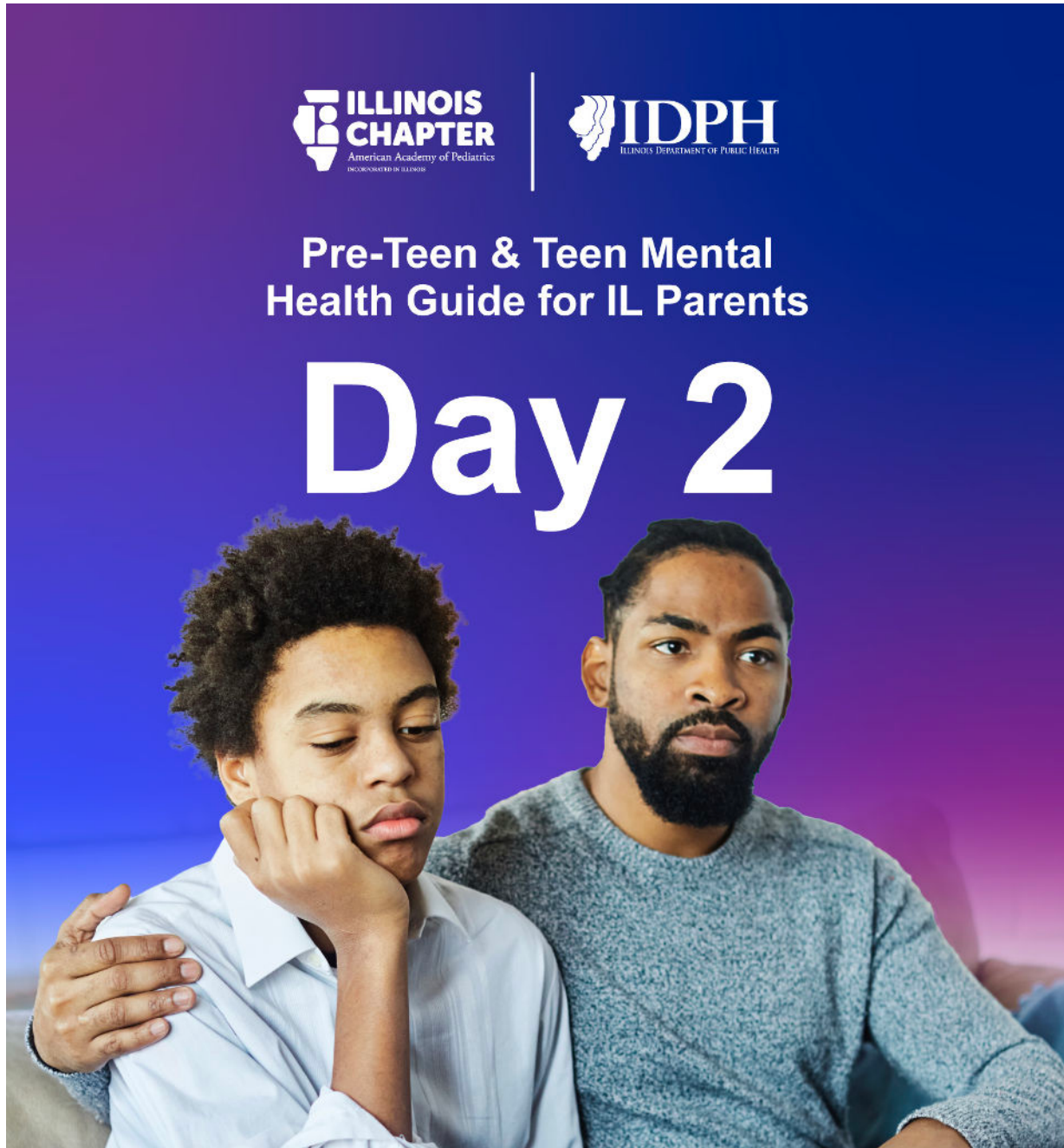


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Hi <<First Name>>,

You're not imagining it – today's teens ARE facing more pressure than we did, and their mental health is suffering as a result. *1 in 3 teenagers is experiencing anxiety and 1 in 5 is dealing with depression.*

These years can bring new or bigger pressures for your child. Some of them are likely to include:

- **Academic pressure** — grades, test scores, and college admissions
- **Performance** — pressure to do great in sports, arts, or other extracurricular activities
- **Overloaded schedules** — little time left for rest, downtime, or unstructured fun
- **Bullying & cyberbullying** — in person and online
- **Global worries** — fears about the climate, war, and other world events or issues
- **Discrimination** — experiences of poor treatment or violence because of their race, gender, sexual orientation, weight, religion, disability, etc
- **Finances** — stress from poverty, unstable housing, or lack of nutritious food
- **COVID aftereffects** — children's lives were very interrupted during the pandemic

What Mental Health Struggles Look Like

If these things are impacting your teen's mental health, it might not be obvious at first.



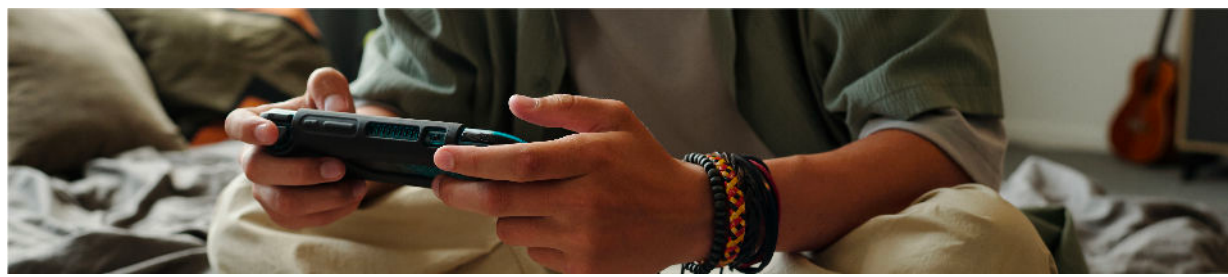
Anxiety might look like:

- Constant stomachaches or headaches before school
- Avoiding friends they used to love hanging out with
- Melting down over small changes in plans
- Trouble falling asleep or staying up until 3 AM "doing homework" (but really overthinking everything)



Depression might look like:

- Irritability and anger, not just sadness
- Dropping activities they used to love ("Band is stupid now")
- Sleeping until 2 PM on weekends, exhausted no matter how much rest they get
- "I'm fine" on repeat while clearly struggling
- Constant stomachaches or headaches



ADHD might look like:

- Starting 10 projects, finishing none
- Forgetting important things but remembering a random TikTok perfectly
- Emotional reactions that seem way out of proportion
- Being able to focus for hours on video games, but not their homework

Try This Today

Your teen needs to know their mental health matters as much as their physical health. While doing something low-key together (driving, making dinner), say: **"You know how we go to the doctor for check-ups? Mental health check-ins are just as important. If you're ever struggling with stress, anxiety, or just feeling off, I'm here. No judgment, just support."** If they brush you off, that's okay. You've planted the seed.

Here are some other questions you can ask that might get a response back from your teen:

- "What's the hardest part of your day lately?"
- "I noticed you seem stressed about _____. Want to talk about it?"
- "On a scale of 1-10, how are you really doing this week?"

Remember: You don't need to have solutions. Sometimes just saying, "That sounds really hard" is enough. Validating what your teen is feeling and experiencing is huge. It lets them know you are there for them and recognize the challenges they're facing.

Helpful Resources:

- [Teen Mental Health: How to Know When Your Child Needs Help](#)
- [AAP Video Series – Mental Health Resources for Teens](#)

Tomorrow we will go over when you need to worry, when to wait, and when to call for extra support when it comes to mental health concerns in teens.

You've got this,
The ICAAP Team

P.S. Taking care of your own mental health isn't just self-care — it shows your teen that it's okay to ask for help. They're watching how you handle stress, even when they pretend they're not.

Get Connected!



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