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Pre-Teen & Teen Mental Health Guide for IL Parents Recap



You Did It!

You showed up. You read these emails. You're starting to think differently about your teen's mental health. That's huge.

Over the past week, you've learned:

Day 1: Why your teen's under-construction brain makes them vulnerable right now

Day 2: What mental health challenges actually look like in teenagers

Day 3: The difference between typical turbulence and red flags

Day 4: How to tackle social media and screen time together

Day 5: Ways to build safe and healthy relationships that nurture their growth

Day 6: How to build resilience and why it matters for life-long health

Your Action Plan Moving Forward



Right now:

- Save these emails for reference
- Have ONE conversation with your teen using the scripts we've provided
- Start observing with compassion, not judgment



This week:

- If you have concerns, schedule that appointment with your pediatrician
- Set up ONE screen-free family zone or time
- Tell your teen directly: "Your mental health matters as much as your physical health"



This month:

- Follow through with any referrals or recommendations
- Check in weekly by asking "On a scale of 1-10, how are you really feeling?"
- Model healthy coping skills (they're watching even when they seem not to be)



Always remember:

- Trust your gut - you know your kid best
- Perfect doesn't exist - progress is the goal
- Bad days are normal, bad months need attention
- You're not alone in this

Resources to Keep Handy:

- Suicide & Crisis Lifeline [988](#)
- Crisis Text Line: [Text HOME to 741741](#)
- Your Pediatrician's After-Hours Number
- Insurance Mental Health Line
- Find a Therapist [Psychology Today](#)
- [AAP Mental Health Resources](#)

You can find all resources linked throughout this series [here](#).

Raising a child takes patience, and lots of love. This is just a small part of all that you're doing to help your teen thrive. Your teen might not say it (and they probably won't), but having a parent who's trying to understand, who's learning, and who's showing up even when it's hard, makes all the difference.

You've got this, and we've got you. This isn't goodbye — it's "see you at the pediatrician's office."

Remember: pediatricians are your partner and are always ready to support you and your teen whenever you need guidance or extra help.

When in doubt, reach out. We're here for you every step of the way.

Get Connected!



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Our mailing address is:

310 South Peoria Street, Suite 304
Chicago, IL 60607

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