

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

Day 1: Understanding Teen Growth

- [Stages of Adolescence](#)
- [How to Talk with Your Child and Their Pediatrician About Mental Health Concerns](#)

Day 2: Common Mental Health Concerns in Teens, like Anxiety and Depression

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

Day 3: What to look for - When to worry and when to watch

- [Teen Mental Health: How to Know When Your Child Needs Help](#)
- [What to Do If Your Child Is in Crisis](#)

Day 4: Social Media and Screentime

- [The Good and Bad of Social Media for Teens' Mental Health](#)
- [Social Media & Your Child's Mental Health: What the Research Says](#)
- [The 5 Cs of Media Use](#)
- [Family Media Plan](#)
- [Common Sense Media](#)
- [Follow Pediatricians for Trustworthy Content on Children's Health](#)
- [Unhealthy Video Gaming](#)

Day 5: Healthy Relationships and Sexuality – Their Impact on Emotional Health and Development

- [Expect Respect: Healthy Relationship Tips for Teens](#)
- [Helping Teens Make Choices About Sex: Parent Tips](#)
- [Coming Out: Information for Parents of LGBTQ Teens](#)
- [Sex, Gender Identity & Puberty](#)
- [Talking to Your Child About Sex](#)
- [Sexually Transmitted Infections Prevention](#)
- [Love is Respect National Teen Dating Abuse Hotline](#)
- [Dating Matters: Strategies to Promote Healthy Teen Relationships](#)

Day 6: Building Resilience – Ways to Help Your Teen Cope, Grow, and Thrive

- [Everyday Ways to Talk About Mental Health: Tips for Families](#)
- [10 Tips to Build Skills on Bouncing Back From Rough Times](#)

Day 7 Recap: Teen Mental Health Series

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

