

TEEN MENTAL HEALTH TOOLKIT

FOR PARENTS & GUARDIANS



DID YOU KNOW?

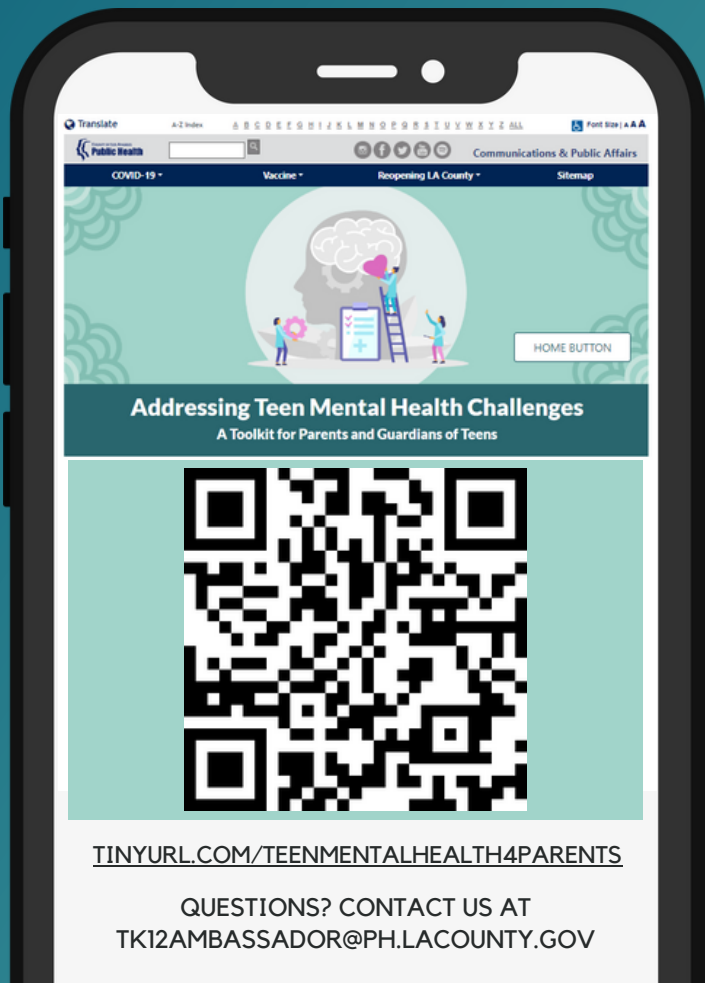
About half of teens in the U.S. had a mental health disorder at some point in their life*. Recognizing teen mental health issues and connecting to early intervention and treatment can be lifesaving.

*U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2021

THE DEPARTMENT OF PUBLIC HEALTH IS HERE TO HELP

- Explore our free guide to the most common teen mental health challenges
- Find local mental health resources
- Stay up to date on issues affecting many teens:

- Social Media Safety
- Alcohol and Drug Use
- Healthy Relationships
- Fentanyl Overdoses
- Gun Violence
- Suicide
- Trauma



[TINYURL.COM/TEENMENTALHEALTH4PARENTS](https://tinyurl.com/teenmentalhealth4parents)

QUESTIONS? CONTACT US AT
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COUNTY OF LOS ANGELES
Public Health

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