

# TEEN MENTAL HEALTH TOOLKIT

## FOR PARENTS & GUARDIANS



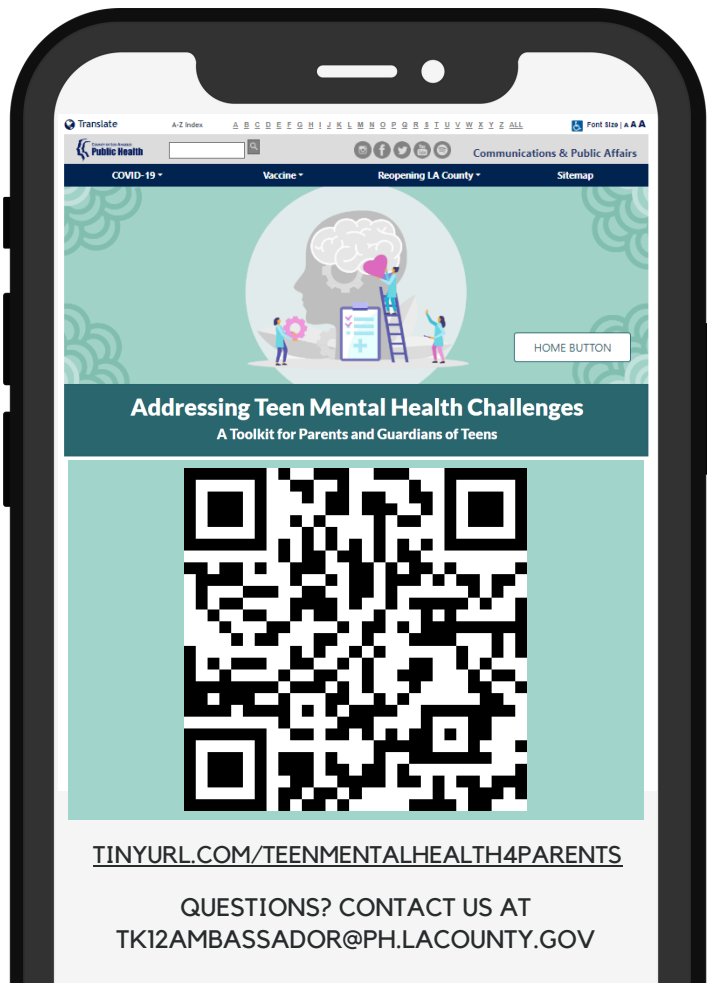
### DID YOU KNOW?

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



COUNTY OF LOS ANGELES  
**Public Health**

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