


# TEEN MENTAL HEALTH MATTERS

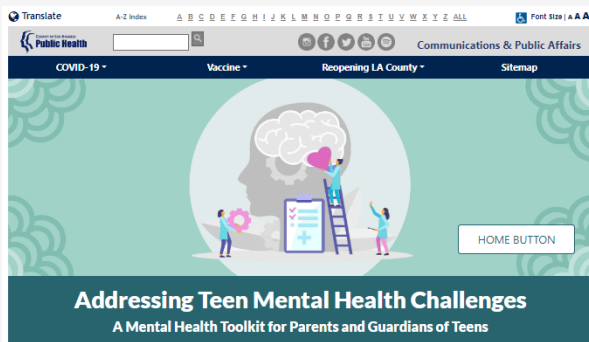


Are you a young adult experiencing anxiety, depression, or hopelessness? You are not alone.

## 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 like you or your friends:

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



[TINY.URL/TEENMENTALHEALTH4U](https://tinyurl.com/teenmentalhealth4u)

QUESTIONS? CONTACT US AT  
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COUNTY OF LOS ANGELES  
**Public Health**

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