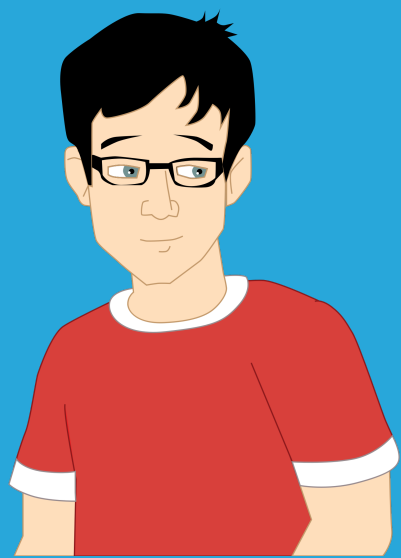


# 5 Ways to Support

## Your Teen's

## Mental Health



1

Validate your teen's emotional pain

2

Educate yourself about how the body reacts to anxiety

3

Create an environment that encourages facing fears

4

Model vulnerability  
"it's ok to not be ok"

5

Consider extra help from professionals

For more resources and information, please visit:  
[www.adaa.org](http://www.adaa.org)



**ANXIETY AND DEPRESSION  
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