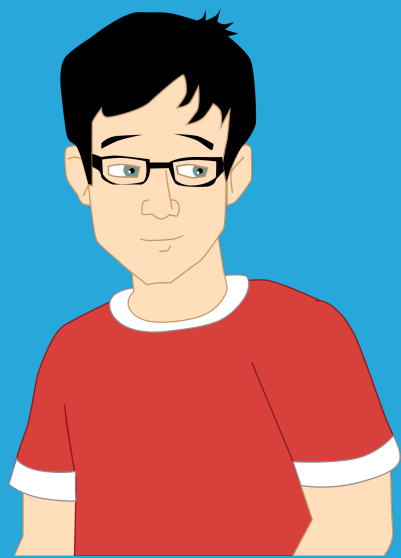


# 5 Ways to Support

## 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 & Depression  
Association of America  
Triumphing Through Science, Treatment, and Education