

# Addressing Mental Health in Adolescents



# Most Common Mental Illnesses in Adolescents

- Anxiety
- Mood
- Attention
- Behavior (includes social, eating disorders, etc)
- Eating Disorders

# Suicide

- The **second** leading cause in death in young people (ages 15-24)

# Anxiety

- Generalized Anxiety
- Obsessive Compulsive Disorder (OCD)
- Phobias
- Panic Disorder
- PTSD

<https://www.youtube.com/watch?v=wr4N-SdekqY>

# Attention-Deficit Hyperactivity Disorder

- Youth with ADHD tend to be more impulsive and restless

<https://www.youtube.com/watch?v=hKWVAaljSkq>

# Conduct Disorder

Youth struggle to follow rules and avoid places where rules are enforced

Example: Skipping school

<https://www.youtube.com/watch?v=rgJ9YNI7GbQU>

# Depression

Warning signs include:

- Disengaged
- Avoids activities that they would typically enjoy
- Lonely
- Noticeably sad
- Withdrawn

<https://www.youtube.com/watch?v=5q7BwQe0ZsU>

# Eating Disorders

The most common eating disorders:

- Bulimia Nervosa
- Anorexia Nervosa
- Binge Eating

<https://www.youtube.com/watch?v=C9MleRv6nDA>



# Mental Health Treatment for Teens

- Psychotherapy
- Cognitive Behavioral Therapy
- Interpersonal Therapy
- Medication

# School Resources for Students with Mental Health Disorders

- School Counselor
- School Social Worker
- Mental health counselors on our campus
- Mindfulness activities through programs (7Mindsets)
- Fidgets and stress balls (available in the counselor's suite)
- Group and individual counseling activities

# Contact

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- Crystal Coney: School Social Worker

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