

## Mental health

In 2021, 42% of students reported feeling sad or hopeless. Poor mental health is more than feeling a little sad, it can impact many parts of your life. It may cause teens to struggle in school, affect decision making, and impact overall health. It is important that teens know that they can ask for help. Removing stigma is key.

## What causes mental health conditions?

Mental health conditions are among the most common health conditions in the U.S. Having a mental health condition is nothing to be ashamed of. There is no singular cause, but there are contributing factors, such as:

- Biological factors or chemical imbalances in the brain
- Adverse childhood experiences (ACEs)
- Experiences related to chronic medical conditions
- Alcohol or drug use
- Having persistent feelings of isolation or loneliness

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**For additional  
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**Indiana  
Department  
of  
Health**

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Data and Fatality  
Prevention**

# Mental Health Matters



**Indiana  
Department  
of  
Health**

*Your  
mental  
health  
is a  
priority*

## Understand the signs

It might be time to talk to someone if you, or someone you know, experience these symptoms:

- A loss of interest in previously enjoyed things
- Feeling disconnected
- Changes in sleep or appetite
- Struggling to stay focused and organized
- Increased nervousness
- Dramatic mood swings
- Increased sensitivity

## How to take care of your mental health

Self-care to improve your physical and mental health can make a big impact. Here are some tips to start being kind to your mind:

- Stay connected to friends and family who can provide you support
- Try relaxing activities, like listening to music, meditating, or reading
- Go for a walk. Even if it is short, it can help boost your mood
- Make sleep a priority
- Express how you feel
- Talk to loved ones
- Accept and value yourself

## What if I need more help?

### Help is available!

Talk to someone about your mental health and be as honest as possible.

Find mental health services near you by going to [findtreatment.gov](https://findtreatment.gov)

## Resources

### 988 Suicide & Crisis Lifeline

#### National Suicide Hotline:

Call 1-800-273-8255, Text "IN" to 741741

#### Trevor Project (LGBTQ+ youth):

Call 866-488-7386, Text "TREVOR" to 202-304-1200

#### Teenager Crisis Service:

Text "SAFE" and your location to 4HELP (44357)

Learn more information and details about teen mental health:



Connect with your local health department to find more resources near you:



Get started chatting with a local crisis counselor:



**You are not alone.**

**988**  
SUICIDE & CRISIS  
LIFELINE