



Warning Signs in Your Teen

What to watch for — and when to reach out for support.

Moodiness and change are a normal part of adolescence, so it's hard to know when something more is going on. The signs below don't diagnose anything — but several appearing together, lasting more than a couple of weeks, or marking a clear change from your teen's usual self are worth attention. Trust your instincts; you know your child.

Changes worth noticing

✓	Sign
	Withdrawing from friends, family, or activities they used to enjoy
	Big shifts in mood, irritability, or anger
	Changes in sleep — too much, too little, or flipped day/night
	Changes in appetite or weight
	Falling grades or a loss of motivation at school
	New secrecy, or new problems with alcohol or substances
	Frequent unexplained aches, fatigue, or low energy
	Talk of hopelessness, feeling like a burden, or not wanting to be here

When to reach out

If the signs are intense, lasting, or you're simply worried, contact your teen's doctor or a mental health professional — you don't have to be certain to ask for help. If your teen ever talks about wanting to harm themselves or not wanting to be alive, treat it as urgent and seek help right away rather than waiting to see if it passes.

Changes I've noticed lately

Bring this worksheet to your next appointment.