Harmony
A MEMBER OF TRANSFORMATIONS CARE NETWORK

Find Balance and Harmony with your Mental Health

Wondering if Your Teen Is Anxious or Depressed? We Can Help.

Nearly one in three teens have anxiety, and 40% qualify for a depressive disorder, but sometimes it's hard to distinguish between typical development and a mental health condition. Either way, our team of empathetic mental health professionals is here to help your teen succeed and support your whole family.



How to Talk to Your Teen About Their Mental Health

A simple conversation can make a difference. Choose a calm moment, such as a care ride or a walk, to check in with them and share what you've noticed. "I've noticed you seem a little down lately, and I want to understand." Listen first, resist jumping to solutions, and ask open-ended questions so they feel heard. Remind them that support is available and that seeking help is a sign of strength.

Recognizing the Signs of Anxiety or Depression in Your Teen

- Ongoing worry, irritability, or low mood that lasts more than two weeks
- Changes in sleep or appetite, either more or less than usual
- Pulling away from friends, family, or activities they used to enjoy
- Drop in grades, motivation, or energy
- Frequent headaches or stomachaches with no clear medical cause
- Trouble concentrating or making decisions

What to Expect from Mental Health Treatment for Your Teen

Your teen's therapist will take the time to understand their symptoms, needs, and current situation before creating a personalized treatment plan.If your teen or the therapist requests it, you might join the sessions for a few minutes at the beginning or talk with the therapost separately about how to support. Medication may be recommended for more moderate or severe needs. Our team will help you feel in-the-loop and supported with regular check-ins, adjusting care as needed.

There Is Hope

85% of teens without mental health support say they feel they should just handle things on their own, which is exactly why open, judgment-free conversations matter so much. In one large study, 58% of depressed teens who received therapy made a full recovery, compared to 36% who went without care. Medication can also provide additonal support. Our care teams are here to help your teen get back to the life they love.

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If you have concerns about your teen, we're here to help.

(304) 833-9025 • www.grwhealth.com/lp/get-started