AVERAGE ADOLESCENCE vs POTENTIAL WARNING SIGN

AVERAGE ADOLESCENCE:
- Withdrawing from family to spend more time with friends
- Wanting more privacy
- Moving from childhood likes to teen pursuits

POTENTIAL WARNING SIGN:
- Withdrawing from friends, family and social activity
- Becoming secretive; Seems to be hiding something
- Losing interest in favorite activities and not replacing with other pursuits

Symptoms of mental illness can often appear similar to average teen development.

Learn how to help a young person who may need help. Get trained in Mental Health First Aid.

www.mentalhealthfirstaid.org