

How to recognize symptoms of depression:

- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes (not being able to sleep or oversleeping)
- Anger or irritability
- Unexplained aches and pains



THIS INFORMATION WAS PROVIDED BY:

- 🌐 On Our Sleeves
The Movement for Children's Mental Health
- 🌐 Premire Health
- 🌐 HelpGuide.org



The newest Epidemic:

MENTAL HEALTH IN TEENAGERS



Mental health, especially in teenagers, is a topic that is avoided in Armenian culture. The prevalence of this issue is only getting worse, and we need to spread awareness



DID YOU KNOW?

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KIDS IS LIVING
WITH A MENTAL
HEALTH DISORDER

If you need help, visit
[suicide.org](https://www.suicide.org) to find a hotline



What do I do if one of my friends has been diagnosed with a mental health disorder?

- Check in with them to see how they are doing
- Include them in plans to hangout
- Try to learn about their mental health issues on your own
- Listen more than you talk so they feel heard
- Be there for them, and make sure they feel loved

How do I know if I'm stressed? Some physical symptoms of stress in teens are:

- Headaches
- Chest pain
- Nausea
- Tiredness
- Racing of heart

How can I begin overcoming depression?

- Stay connected to others and talk to people you trust
- Do activities that you enjoy, it can boost your mood
- Set goals and establish a routine
- Keep a positive mindset to replace negative thoughts
- Talk to a doctor to see if they can help you