

## Signs your teen may need a mental health evaluation:

- Decrease in enjoyment and time spent with friends and family
- Significant decrease in school performance
- Strong resistance to attending school or absenteeism
- Problems with memory, attention or concentration
- Big changes in energy levels, eating or sleeping patterns
- Physical symptoms (stomach aches, headaches, backaches)
- Feelings of hopelessness, sadness, anxiety, crying often
- Frequent aggression, disobedience or lashing out verbally
- Excessive neglect of personal appearance or hygiene
- Substance abuse
- Dangerous or illegal thrill-seeking behavior
- Is overly suspicious of others
- Sees or hears things that others do not

### **Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**

**TTY: 1-800-799-4889**

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
(link is external)

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

### **SAMHSA's National Helpline**

**1-800-662-HELP (4357) TTY: 1-800-487-4889**

Website: [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.