Adolescence is a vulnerable period for mental health, with many youth struggling to make sense of the conflicting pressures and feelings they experience. Parents and caregivers do not need to face these challenges alone. There are many resources available to help adolescents through these challenges. Your pediatrician or primary care physician can provide valuable support during these times.

‘WHO AM I?’

Adolescents often experience a wide range of often conflicting emotions:

- Identity vs. role confusion
- Excitement about growing and fear of adulthood
- Social relationships – ‘How do I fit in?’
- Experimentation and exploration
- Existential crisis – “What’s the point of all this?”
- Family conflict – “I hate you, please support me.”

THE COVID-19 PANDEMIC ONLY ADDED TO THESE CHALLENGES:

- Loneliness, social isolation
- Death, loss, grief leading to depression
- Fear of loss or infection, leading to anxiety
- Abuse, highly-expressed emotions can cause trauma, PTSD
- Access to lethal means can lead to self-harm and suicide

For more information, please visit: https://ohioaap.org/education-cme-moc-ii/preventive-health-program/