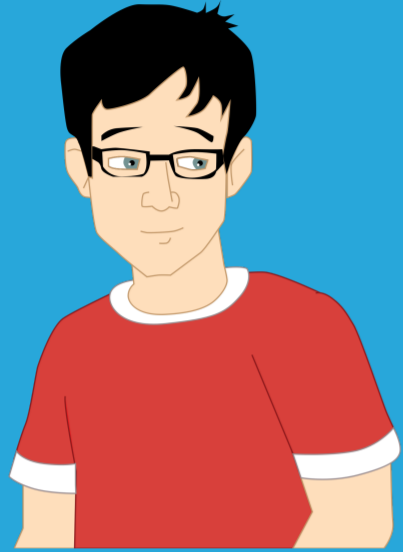


# 5 Ways to Support

## Your Teen's

## Mental Health



**1**

**Validate your teen's emotional pain**

**2**

**Educate yourself about how the body reacts to anxiety**

**3**

**Create an environment that encourages facing fears**

**4**

**Model vulnerability  
"it's ok to not be ok"**

**5**

**Consider extra help from professionals**