



# teen mental health matters

We can all do our part to help the mental health of teens in South Dakota. When we send students encouraging messages about themselves and their mental health, it sets them up for a stronger and happier future. It's also important we give students the right tools to manage stress, communicate their needs and ask for help when they're struggling. Your students matter, and these items are here to remind them that.

## Know the Signs

For teens, mental health awareness starts in the classroom. Teachers play a big role in creating a welcoming space where students feel safe to share their feelings. It's also crucial for teachers to know mental health warnings since early intervention is so important. Look for these signs.

- Changes in behavior
- Withdrawal from social activities
- Decline in academic performance
- Expressing hopelessness or despair

## Conversation Starters

- How do you handle stress during busy times at school?
- Have you ever felt overwhelmed lately? What do you do to calm down?
- Who do you reach out to whenever you're struggling?
- How much does social media affect how you feel?
- What's your favorite form of self-care?

## What's Inside

Items for educators, students & parents, including:

- Keychains
- Magnets
- Posters
- Pencils
- Lanyards, mirror clings and more

## Contact

For more information visit [SDBehavioralHealth.gov](http://SDBehavioralHealth.gov) or contact [dssbh@state.sd.us](mailto:dssbh@state.sd.us).