



Teens & Mental Health

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2 Main Takeaways:

- 1. The teen mental health crisis is real**
- 2. The YL model works**

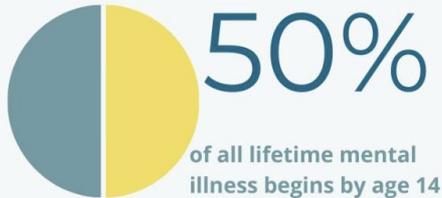


Teen Mental Health Statistics

1 in 6 youth



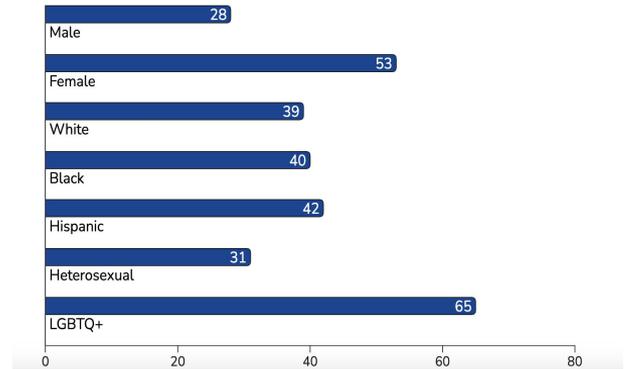
experience mental illness each year



Suicide is the
2nd
leading cause of
death among
10-14 year olds

Depressive symptoms and suicidal thoughts by demographic characteristics

A troubling pattern is on the rise. Suicidal thoughts and behaviors are increasing for many high school students. Female students and LGBTQ+ students were more likely to report persistent feelings of sadness or hopelessness.



According to the CDC, depression among teens rose from 28 % to 40 % in the last 10 years.

Things teens come to therapy for:

- Anxiety
- Depression
- Social anxiety
- Suicidal thoughts/
intent
- Self harm
- OCD
- Behavior problems
- Eating disorders
- Family conflict
- Peer conflict
- School stress
- Executive Functioning



The main culprits:

1 Overwhelmed

2 Exposure

3 Lack of connection

4 Hopelessness



What teens need...

Relationships!



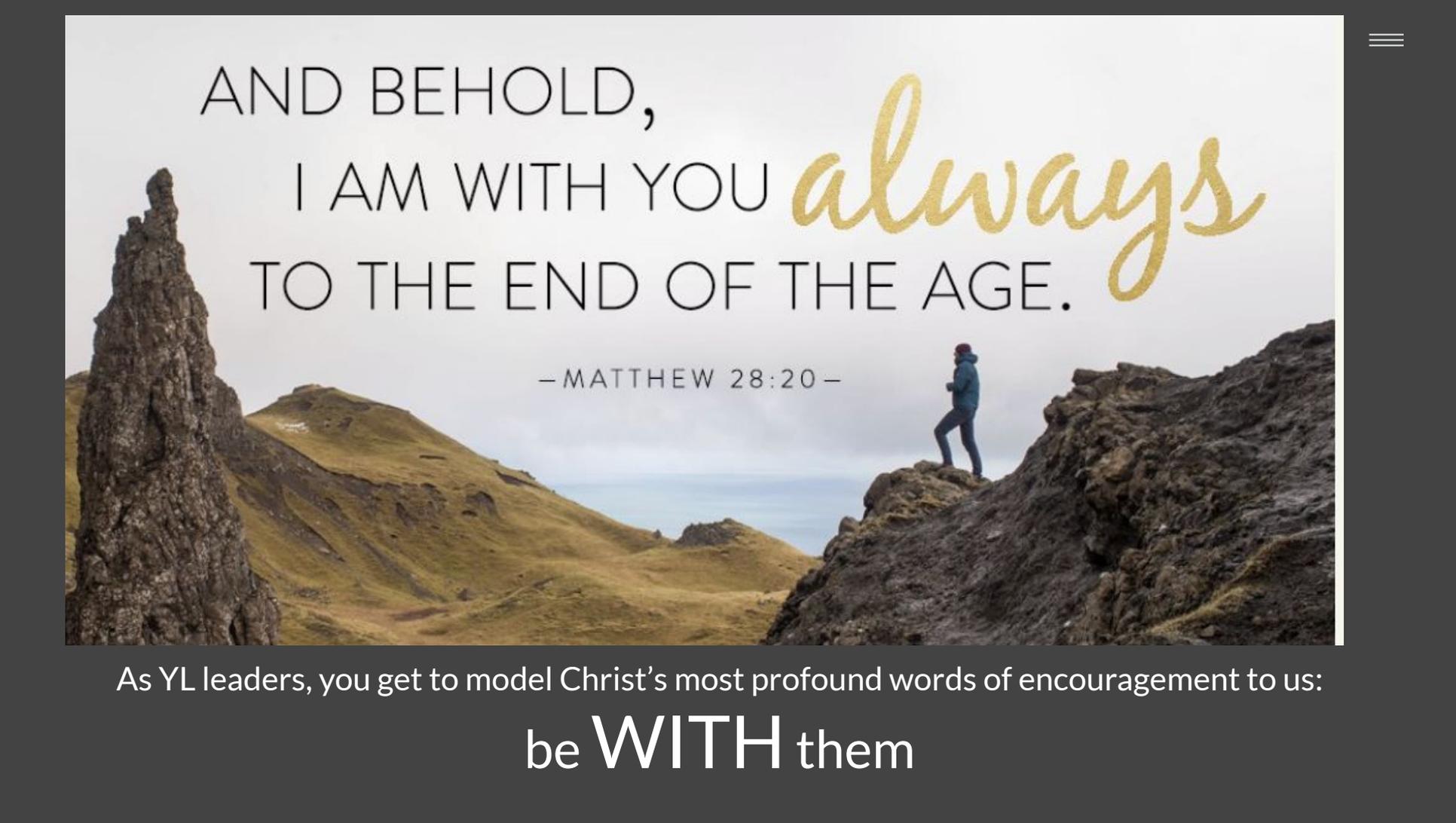
What kind of relationships? Safe & Meaningful

Teens are desperately seeking REAL connection

- Safe adults
- Adults who show up
- Adults who pursue them
- Adults who are consistent
- Adults who treat them like they matter.

“Teenagers live up to expectations and they live down to them.”

-Lisa Damour, leading adolescent psychologist

A person in a blue jacket and red hat stands on a rocky ridge in a mountainous landscape. The background shows rolling hills and a cloudy sky. The text is overlaid on the image.

AND BEHOLD,
I AM WITH YOU *always*
TO THE END OF THE AGE.

— MATTHEW 28:20 —

As YL leaders, you get to model Christ's most profound words of encouragement to us:

be **WITH** them



GRACE
HOPE
JOY
PEACE

Teenagers crave knowing there is a God who cares deeply about them, and they want real, meaningful relationships with real people.

You do not need to be perfect,
you need to be **present**.

You do not need to be free of sin,
you need to be **safe**.

They don't need you to judge them;
they need to see your **joy**.

Relationships **heal** wounds.

Relationships **calm** anxiety.

Relationships **lighten** depression.

The YL model works;
don't reinvent the wheel.

What teens wish you knew:

- Showing up matters
- They look to the adults around them and see our lack of enthusiasm and joy and think “Is that all there is?”
- They want boundaries
- They want to be seen
- They feel intense shame
- They fear everything, but mostly what people think about them (but still think bravery is appealing)
- They want to know there is something certain after death

How to talk to teens:

- DO be yourself
 - DO take a genuine interest in them
 - DO be curious
 - DO be a good listener
 - DO empathize
 - DON'T try to be cool
 - DON'T try to solve their problems
 - DON'T judge
 - DON'T panic or freak out if they share something heavy
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Q & A

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