

Social Emotional Support for Your Teen

Talking to your Teen...

1. Give your child an opportunity to talk. Ask how the day went with their friends, activities, etc.
2. Encourage them to talk about their feelings. If this is difficult for them, ask, "How are others doing?" This gives them permission to talk about their own feelings.
3. Ask your teen if there is anything you can do to help them right now. Talk about how you handle stress or loss and help them brainstorm things that might help them cope. What things have worked for them in the past when they have felt stressed or upset?
4. Maintain a non-judgmental attitude. Remember there is no right or wrong way to experience stress or difficult times.
5. Encourage them to talk with trusted adult such as their teachers, counselor, psychologist or social worker at school.

Positive Coping Strategies

- Exercise and maintaining healthy nutrition
- Get plenty of rest
- Spend time with family and friends
- Read or listen to music
- Engage in favorite hobbies such as drawing, etc.
- Journal
- Maintain normal routines as much as possible

Community Resources

If you have concerns for your teen, please do not hesitate to contact their counselor or social worker. There are additional community resources listed below:

360 Youth Services - <https://www.360youthservices.org/>

Edgewood Clinical - <https://www.edgewoodclinicalservices.com/>

Fox Valley Institute - <https://fvinstitute.com/>

Susan Myket and Associates - <http://www.myketandassociates.com/>

True North Clinical Associates - <https://www.truenorthclinical.com/>

Ruah Center - <http://www.ruahcenter.com/index.html>

OR...

For those with Medicaid, Managed Medicaid or Medicare Part B:

Aunt Martha's - <http://auntmarthas.org/services/community-wellness/>

DuPage County Behavioral Health - <http://www.dupagehealth.org/mental-health>

Additional Resources

Helping Your Teenager Cope After a Traumatic Event

<https://www.ocde.us/HealthyMinds/Documents/Resource%20Page/Helping%20Your%20Teenager%20Cope%20After%20A%20Traumatic%20Event.pdf>

Parents Matter Too Resource Guide

<https://www.kidsmatter2us.org/wp-content/uploads/2013/10/kidsmatter-community-resource-cyt-bklt-13-14-rdr-spds.pdf>

Anxiety in Teens – How to Help a Teenager Deal With Anxiety

<https://www.heysigmund.com/anxiety-in-teens/>